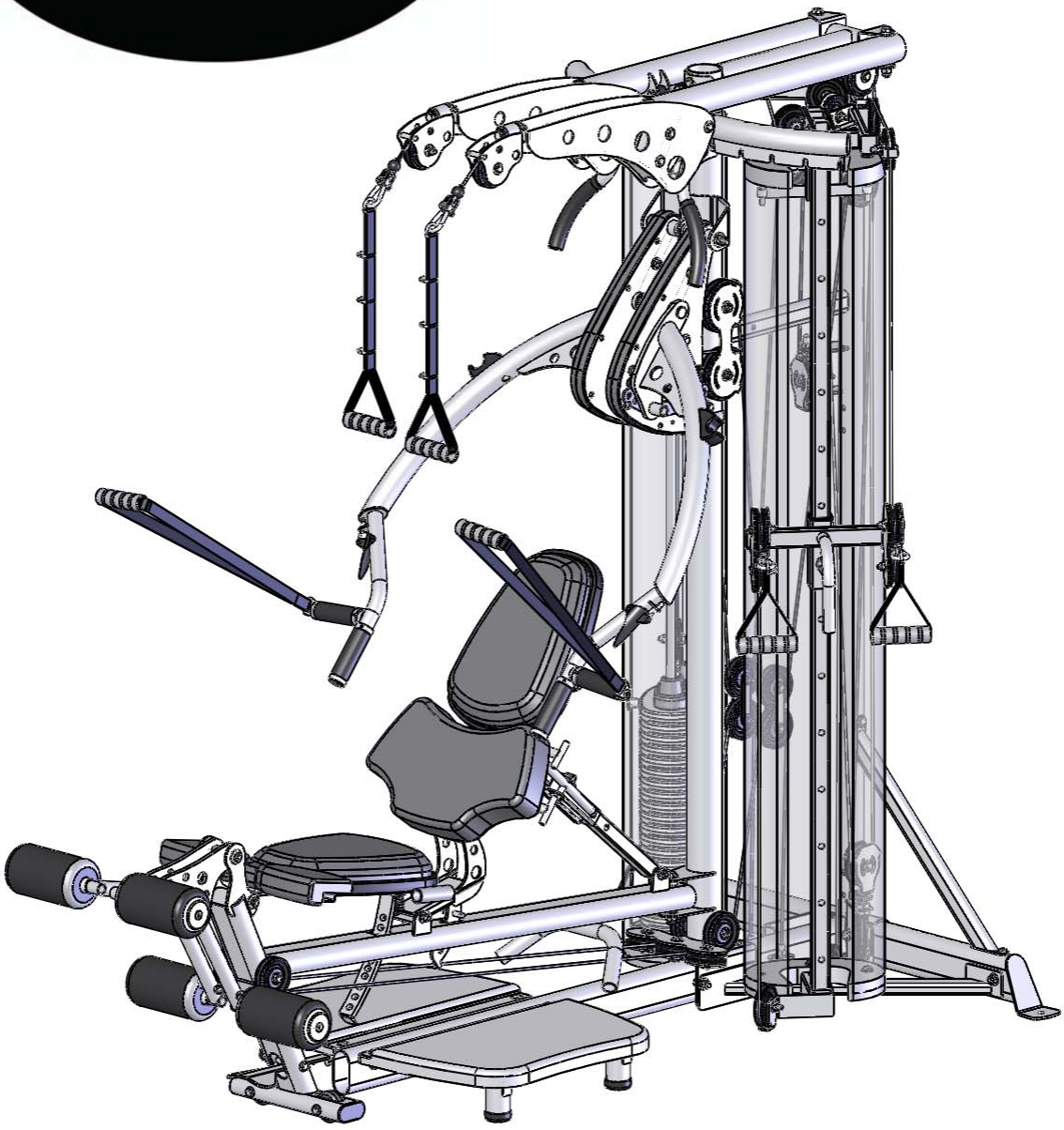
M4 INSPIRE

ASSEMBLY & OPERATION MANUAL



RECORD SERIAL NUMBER HERE

www.inspirefitness.net by Health In Motion LLC 10-31-07

CONGRATULATIONS... You've just taken the first step to a healthier and stronger body. This home gym by Inspire Fitness offers the key to unlocking your body's potential. Regular strength training on a home gym has been shown to deliver a host of benefits including: increased muscle tone, decreased body fat, improved energy levels, a reduction in stress, and improved cardiac output. Once again, congratulations, you are on your way to improving your self image, overall health and quality of life.

BEFORE ASSEMBLING YOUR HOME GYM

CAUTION:Two people are required to complete steps 1-6 to ensure that the frame does not fall resulting in injury to the person assembling the gym.
IMPORTANT: Read this entire manual before attempting to build or use this machine. This manual contains step by step instructions for proper assembly.

Use the parts list included in this manual to verify that all parts are accounted for before assembly. If any parts are missing, contact the retailer of this home gym for replacement parts. Or, call Inspire Fitness at 714-738-1729

Make sure that adequate room has been cleared before attempting to build your home gym. A rubber mat is recommended for use under your home gym to protect wood flooring or carpeting from damage during assembly and usage.

This home gym is intended for indoor use only. In addition, garages and screened in porches are not recommended due to high humidity or dust. Certain parts including guide rods can form rust in a humid environment, resulting in impaired function.

Service of your home gym should only be preformed by an authorized Inspire Fitness retailer. Service preformed by anyone else can result in loss of warranty. If you need help finding an authorized retailer, please contact us directly:

Inspire Fitness
637 S. State College Blvd.
Fullerton, CA 92831
Ph: 714-738-1729
Fx: 714-738-1728
www.inspirefitness.net

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IMPORTANT SAFETY INSTRUCTIONS

Please read this entire manual and familiarize yourself with all decals and warnings before using this home gym.

• **WARNING!** It is necessary to inspect this home gym regularly to maintain safety and proper function. Please use the maintenance schedule included towards the back of this manual. Immediately replace any and all defective or worn parts. Pay special attention to moving parts such as the cables and pulleys and connections to accessories. See General Maintenance section for complete details.

• Use this home gym for its intended purpose as described in this Operation Manual or the exercise chart. Do not use attachments not recommended by the manufacturer.

• **Do not hang from press arm. The press arm is not designed to support human weight.**

• Make sure bystanders are at least 5 feet away from the home gym while it is in use.

• Keep children off the home gym at all times.

• Keep the home gym away from walls and clear of any obstructions and furniture.

• Stop immediately if you experience shortness of breath, pain, or dizziness during your workout. Inspire Fitness strongly recommends consulting your doctor before starting an exercise program.

TOOLS REQUIRED FOR ASSEMBLY

• Standard socket set (including 1/2”, 9/16” & 3/4" sockets)
• 1/2” wrench
• 9/16” wrench
• 3/4" wrench
• Tape Measure
• Rubber Mallet
• Adjustable wrench
• 5 & 6mm Allen wrench – supplied

PARTS & HARDWARE LIST

Item	Parts Description	Qty	Qty Rec'd
1	Main Base	1	
2	Rear Base	1	
3	Main Upright	1	
4	Brace	1	
5	Lower Cable Column Mount	1	
6	Lower Guide Rod Mount	1	
7	Cable Column	1	
8	Slider Assy, Cable Column	1	
9	Top Beam Track	1	
10	Upper Mount, Cable Column	1	
11	Shroud Mount Assy, Wt. Stack	1	
12	Support Beam, Wt. Stack	1	
13	Top Beam Tube, Left	1	
14	Top Beam Tube, Right	1	
15	Top Beam Plate, Left	1	
16	Top Beam Plate, Right	1	
17	Track Index Arm, Left	1	
18	Track Index Arm, Right	1	
19	Guide Rod Spacer Plate	1	
20	Guide Rod	2	
21	Pulley Yoke, Weight Stack	1	
22	Press Arm Mount, Left	1	
23	Press Arm Mount, Right	1	
24	Press Arm Assy, Left	1	
25	Press Arm Assy, Right	1	
26	Seat Frame	1	
27	Back Pad Link	1	
28	Back Pad Mount	1	
29	Back Pad Tilt Selector Assy	1	

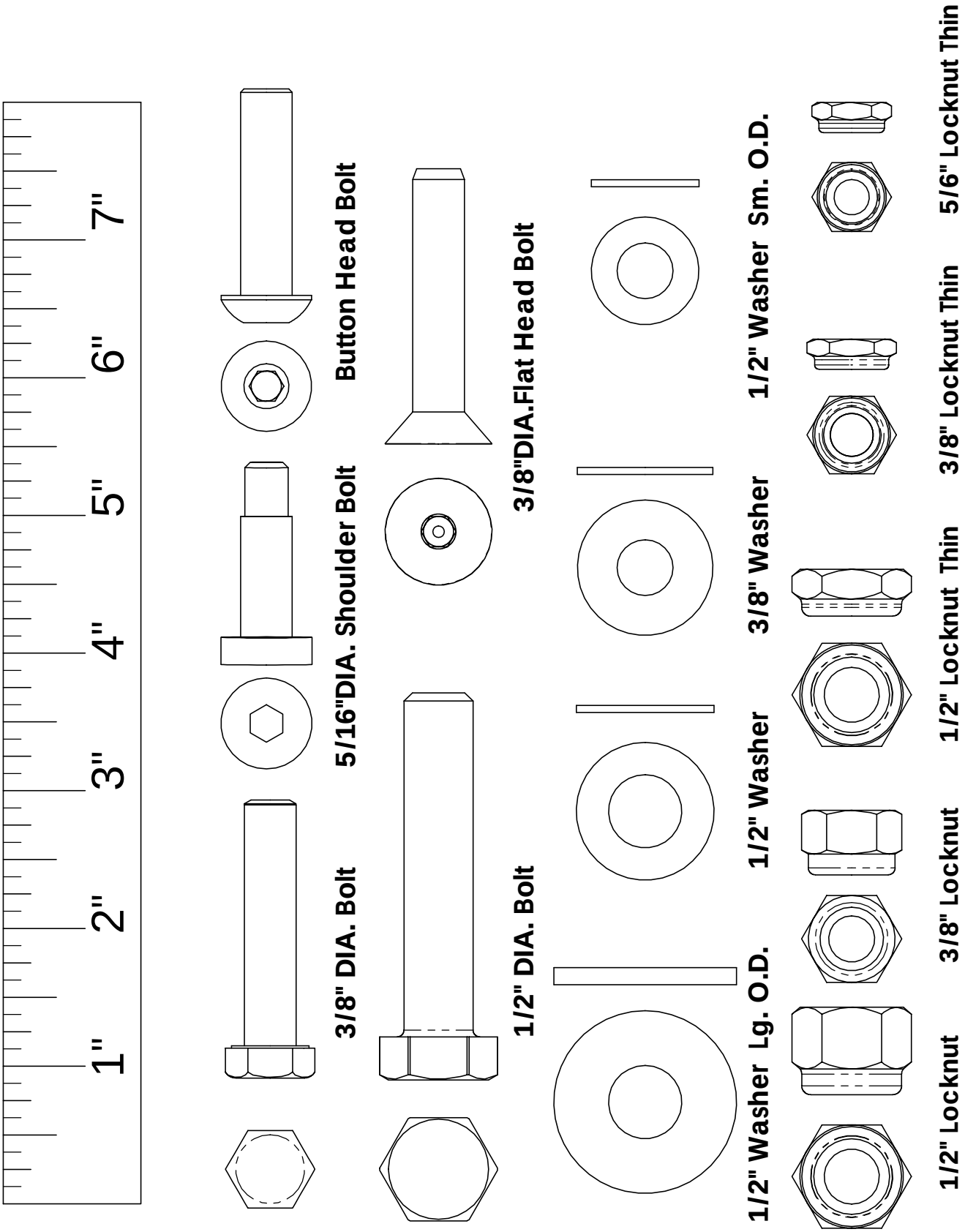
Item	Hardware Description	Qty	Qty Rec'd
30	Seat Mount Assy	1	
31	Foot Platform Assy	2	
32	Leg Extension Arm, Left	1	
33	Leg Extension Arm, Right	1	
34	Floating Pulley Bracket	1	
35	Floating Pulley Bracket Assy	1	
36	Dual Floating Pulley Assy	2	
37	Dual Floating Pulley Assy,Twisted	2	
38	Shroud Plate	2	
39	Thigh Pad	1	
40	Lumbar Pad	1	
41	Seat Base	2	
42	Weight Pin	1	
43	Aluminum Endcaps	4	
44	Rubber Donut	2	
45	Foam Roller Assy	4	
46	Top Weight / Selector Stem	1	
47	Upper Cable	1	
48	Press Arm Cable, Left	1	
49	Press Arm Cable, Right	1	
50	Cable Column Cable	1	
51	Leg Extension Cable	2	
52	Weight Stack Number	1	
53	D Handle / Ab Strap	2	
54	D Handle / Lat Strap	2	
55	Ankle Strap	1	
56	3 1/2" Pulley	5	
57	4 1/2" Pulley	6	
58	Pulley Cover	2	

PARTS & HARDWARE LIST

Item	Hardware Description	Qty	Qty Rec'd
1	Bolt, 5/16-18 x 1 1/4" L (Shoulder)	4	
2	Bolt, 3/8-16 x 1" L (Flat Head)	4	
3	Bolt, 3/8-16 x 2 1/4" L (Flat Head)	2	
4	Bolt, 3/8-16 x 1 1/2" L (Button Head)	4	
5	Bolt, 3/8-16 x 1" L	6	
6	Bolt, 3/8-16 x 1 1/2" L	4	
7	Bolt, 3/8-16 x 1 3/4" L	4	
8	Bolt, 3/8-16 x 2" L	1	
9	Bolt, 3/8-16 x 2 1/4" L	4	
10	Bolt, 3/8-16 x 2 1/2" L	6	
11	Bolt, 3/8-16 x 2 3/4" L	10	
12	Bolt, 3/8-16 x 3" L	1	
13	Bolt, 3/8-16 x 3 1/4" L	3	
14	Bolt, 3/8-16 x 3 1/2" L	8	
15	Bolt, 3/8-16 x 4" L	1	
16	Bolt, 3/8-16 x 4 1/4" L	2	
17	Bolt, 3/8-16 x 4 1/2" L	2	
18	Bolt, 3/8-16 x 5 1/2" L	1	
19	Bolt, 3/8-16 x 6" L	2	
20	Bolt, 1/2-13 x 3 3/4" L	2	
21	Bolt, 1/2-13 x 4" L	3	
22	Bolt, 1/2-13 x 9" L	1	

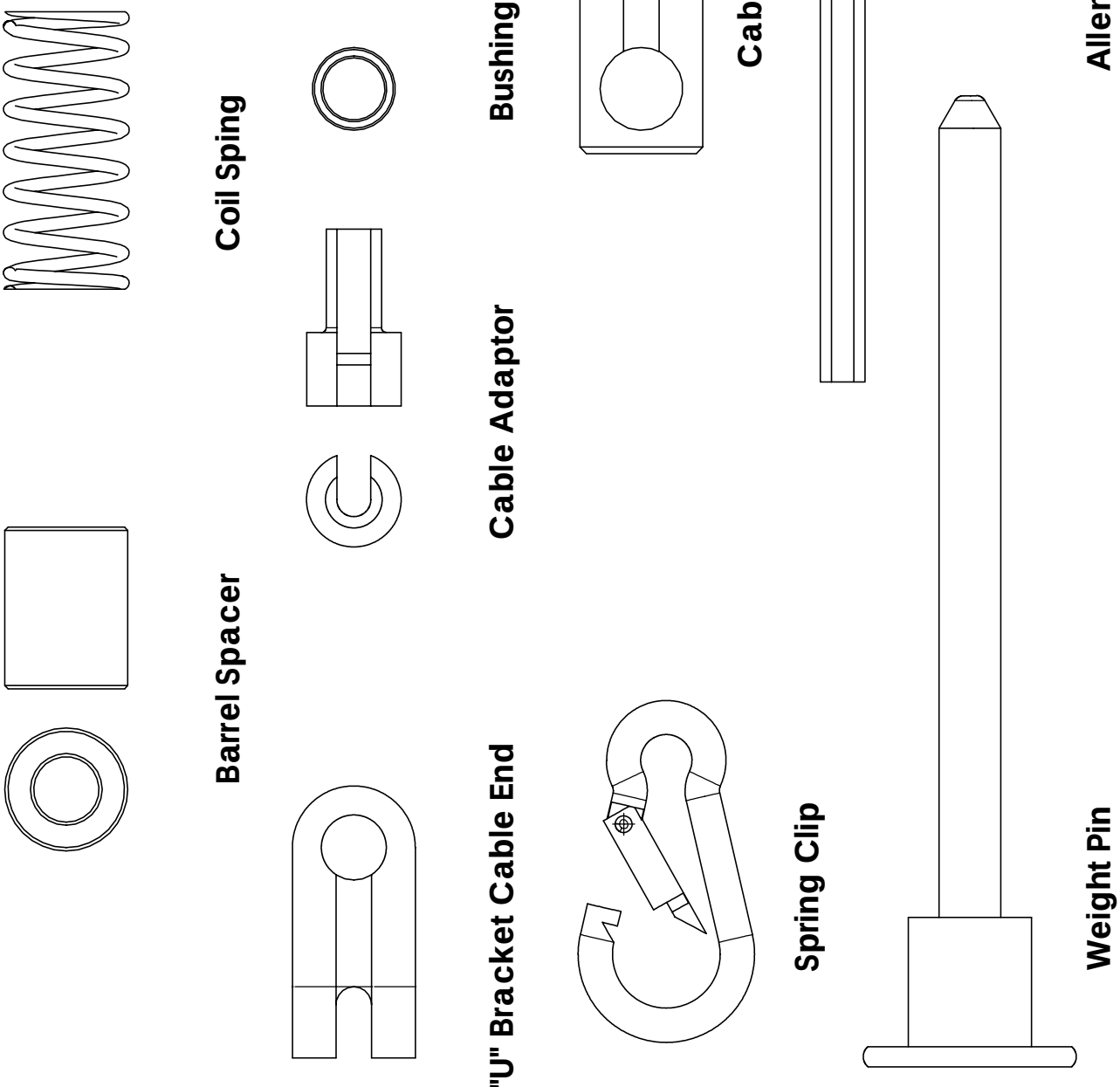
Item	Hardware Description	Qty	Qty Rec'd
23	3/8" Washer	94	
24	3/8" Washer, small OD	12	
25	1/2" Washer	12	
26	1/2" Washer, large OD	2	
27	5/16-18 Locknut`	4	
28	3/8-16 Locknut	40	
29	3/8-16 Thin Locknut	6	
30	1/2-13 Locknut	4	
31	1/2-13 Thin Locknut	4	
32	1/2-13 Jam Nut	1	
33	1” Barrel Spacer	1	
34	Cable Adapter	1	
35	Spring Clip	4	
36	"U" Bracket Cable End	4	
37	Cable Ball	4	
38	Cable End w/ Bushing``	4	
39	Coil Spring	3	
40	4 mm Wrench	1	
41	5 mm Wrench	1	
42	6 mm Wrench	1	

HARDWARE CHART



ACTUAL PARTS MAY BE SMALLER OR LARGER THAN SHOWN

HARDWARE CHART



ACTUAL PARTS MAY BE SMALLER OR LARGER THAN SHOWN

CABLE CHART

CABLE COLUMN CABLE
(P13-0275)

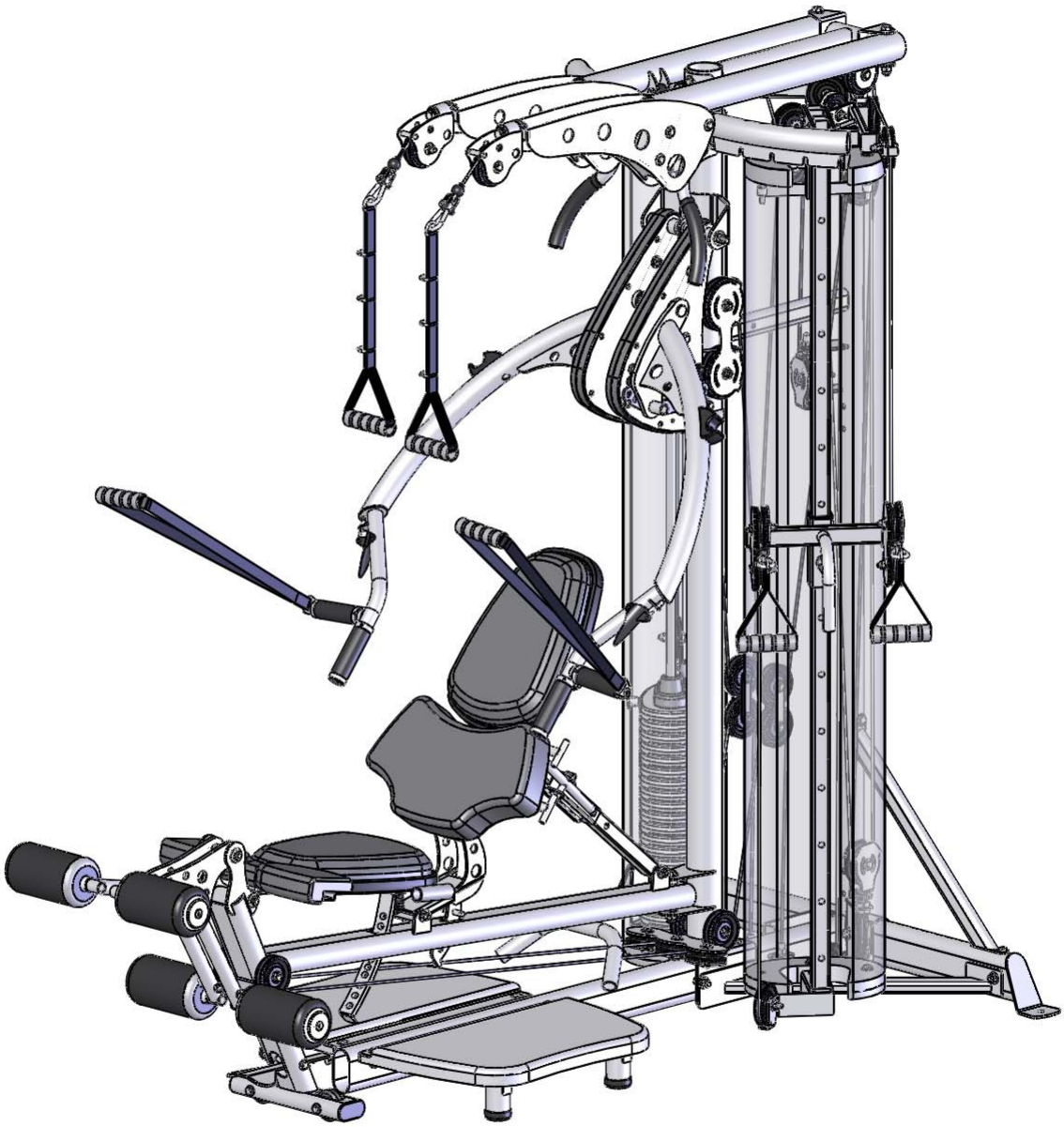
UPPER CABLE
(P13-0276)

RIGHT PRESS ARM CABLE
(P13-0277)

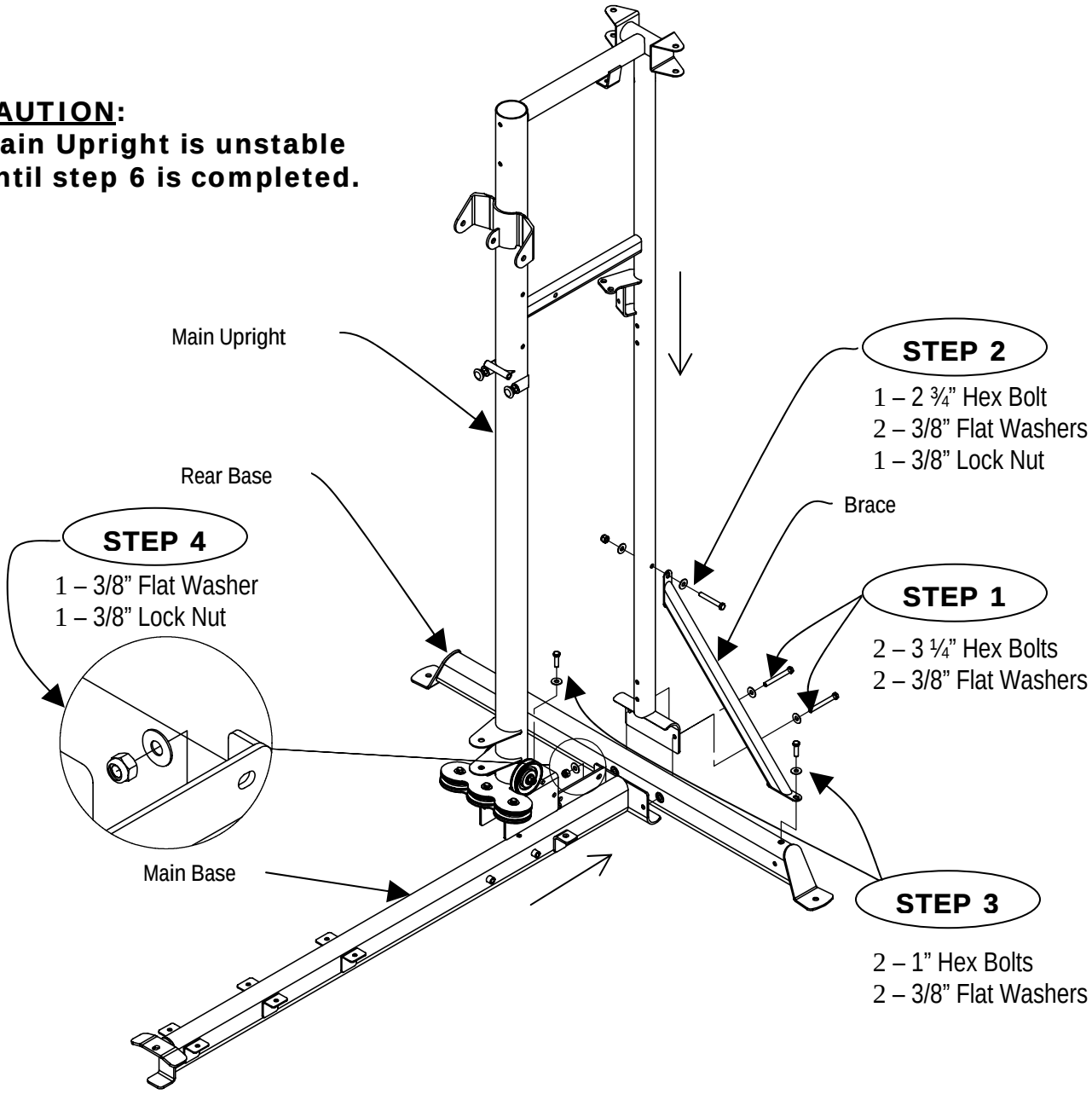
LEFT PRESS ARM CABLE
(P13-0278)

LEG EXTENSION CABLE
(P13-0279)

ASSEMBLY INSTRUCTIONS

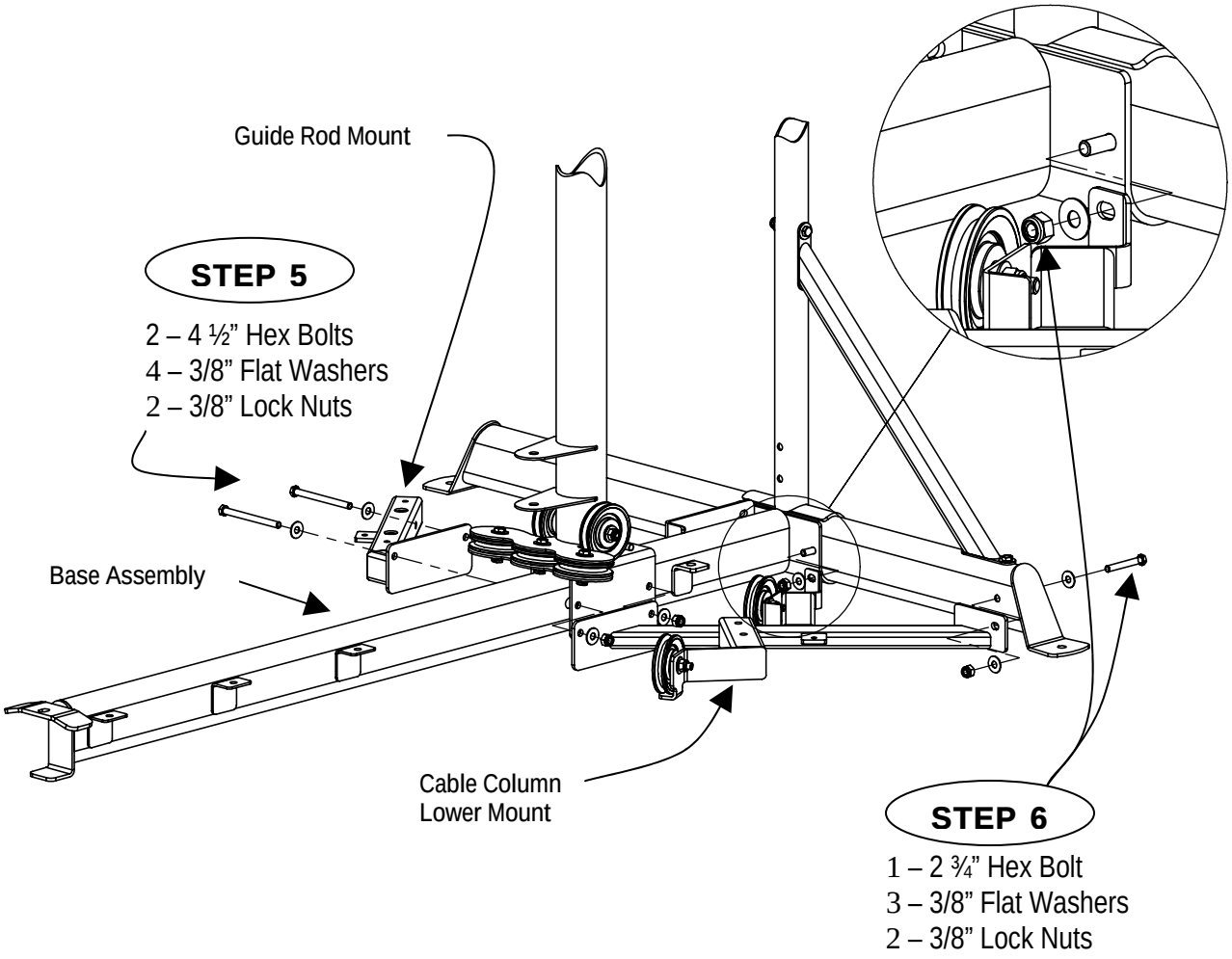


CAUTION:
Main Upright is unstable until step 6 is completed.



CAUTION: Main Upright is unstable until step 6 is completed.

Step 1: Attach Main Upright to Rear Base using:	**Two (3/8" x 3 ¼" Hex Bolts)**
(Note: Use Bolts for Alignment Only)	**Two (3/8" Flat Washers)**
Step 2: Attach Brace to Main Upright using:	**One (3/8" x 2 ¾" Hex Bolt)**
	Two (3/8" Flat Washers)
(Finger Tighten Only)	**One (3/8" Lock Nut)**
Step 3: Attach Brace to Rear Base and attach Main Upright to Main Base using:	**Two (3/8" x 1" Hex Bolts)**
(Finger Tighten Only)	**Two (3/8" Flat Washers)**
Step 4: Attach Main Base to Rear Base using:	**One (3/8" Flat Washer)**
(Note: Use Nut on Bolt as shown)	**One (3/8" Lock Nut)**



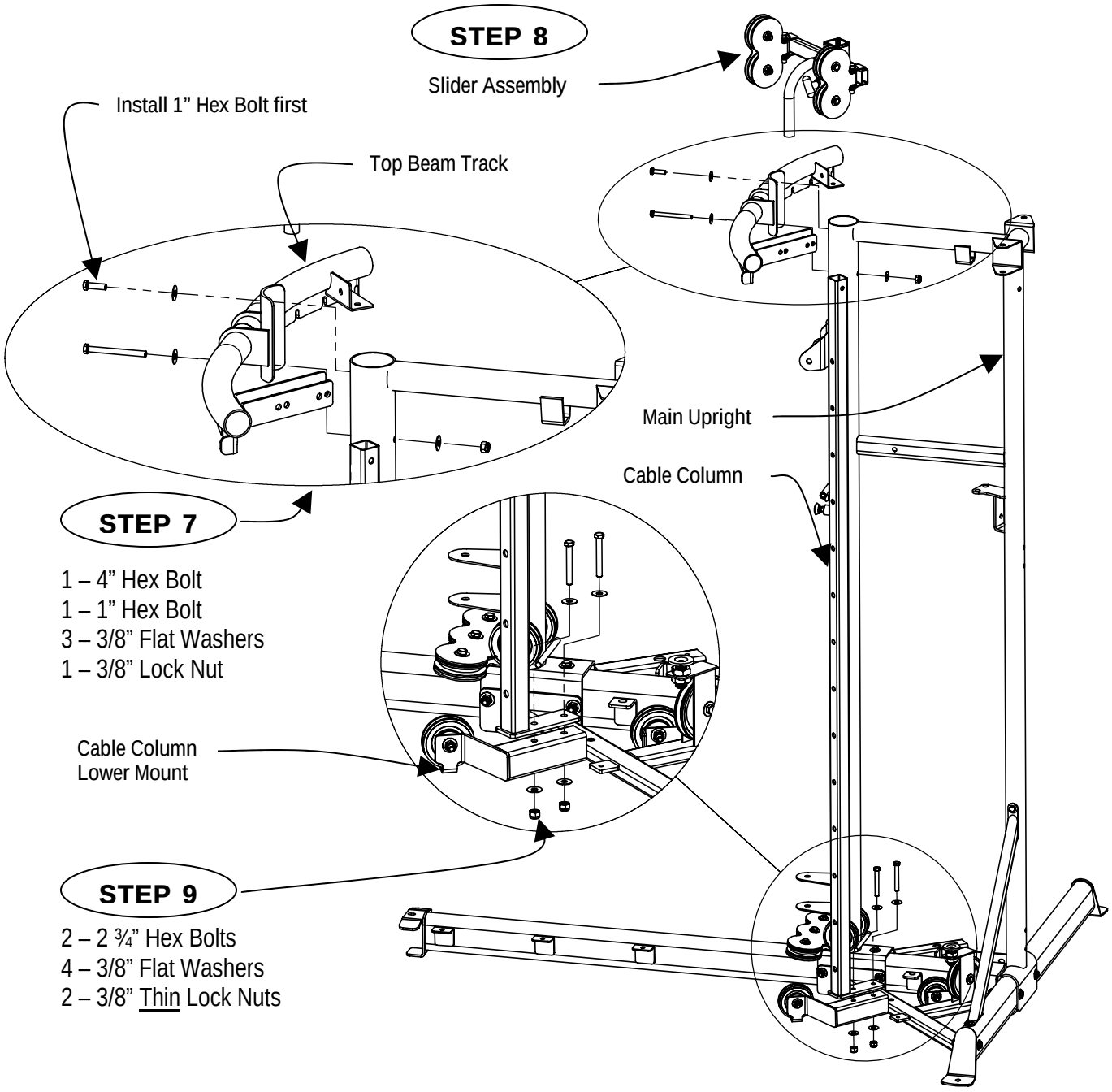
Step 5: Attach Cable Column Lower Mount and Guide Rod Mount to Base Assembly using:

Two (3/8" x 4 ½" Hex Bolts)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)

Step 6: Attach Cable Column Lower Mount to Rear Base Assembly using:

One (3/8" x 2 ¾" Hex Bolt)
Three (3/8" Flat Washers)
Two (3/8" Lock Nuts)

(Wrench Tighten all Bolts in steps 1-6 Now)



Step 7: Attach Top Beam Track to Main Upright using:

Install 1" Hex Bolt first — **One (3/8" x 4" Hex Bolt)**

(Note: Align Mounting Bracket with Cable Column) — **One (1" Hex Bolt)**

Three (3/8" Flat Washers)

(Wrench Tighten Bolts) — **One (3/8" Lock Nut)**

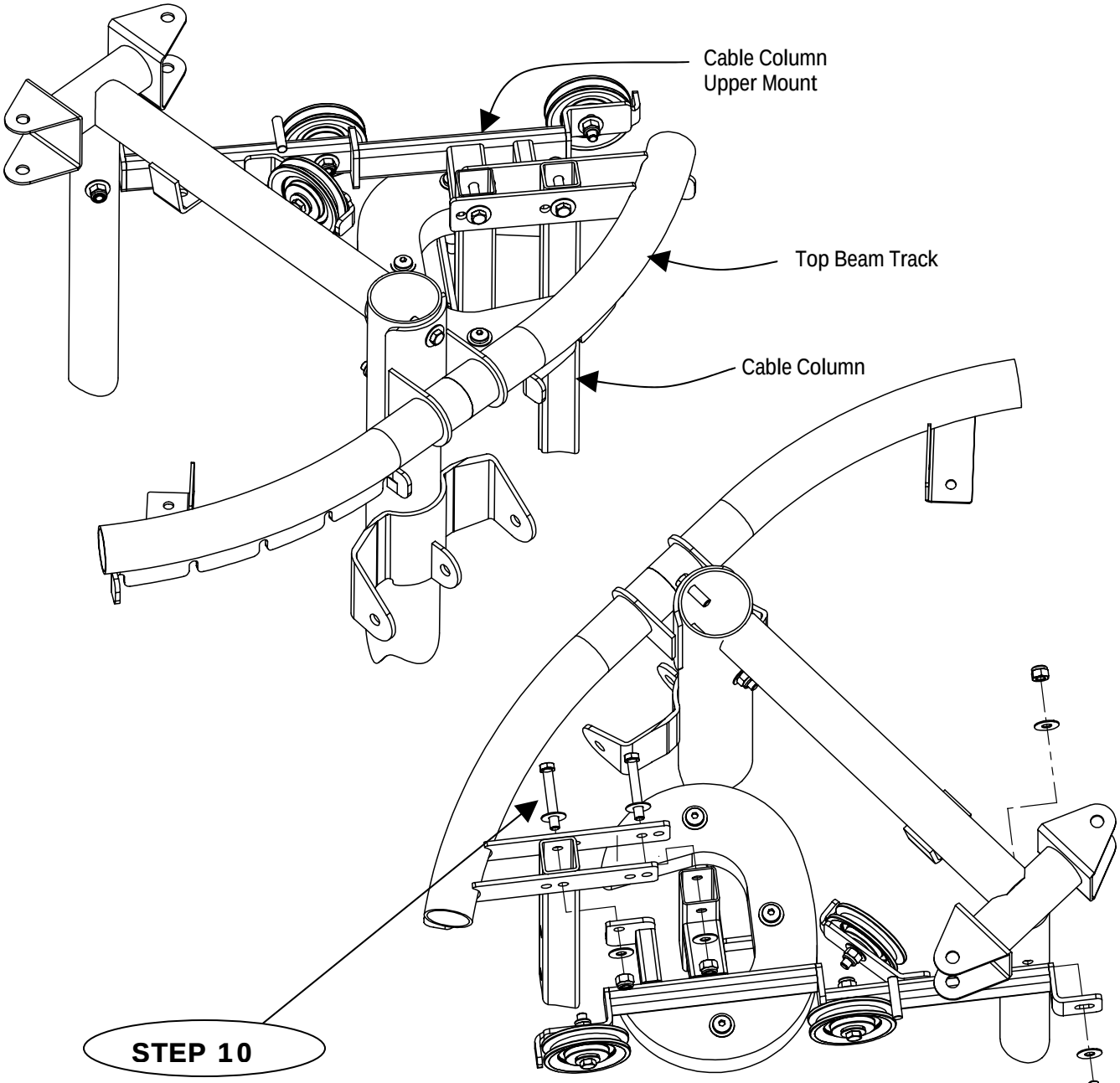
Step 8: Install Slider Assembly onto Cable Column and lock position with Pop-Pin

Step 9: Attach Cable Column to Cable Column Lower Mount using:

Two (3/8" x 2 ¾" Hex Bolts)

Four (3/8" Flat Washers)

(Wrench Tighten Bolts) — **Two (3/8" Thin Lock Nuts)**

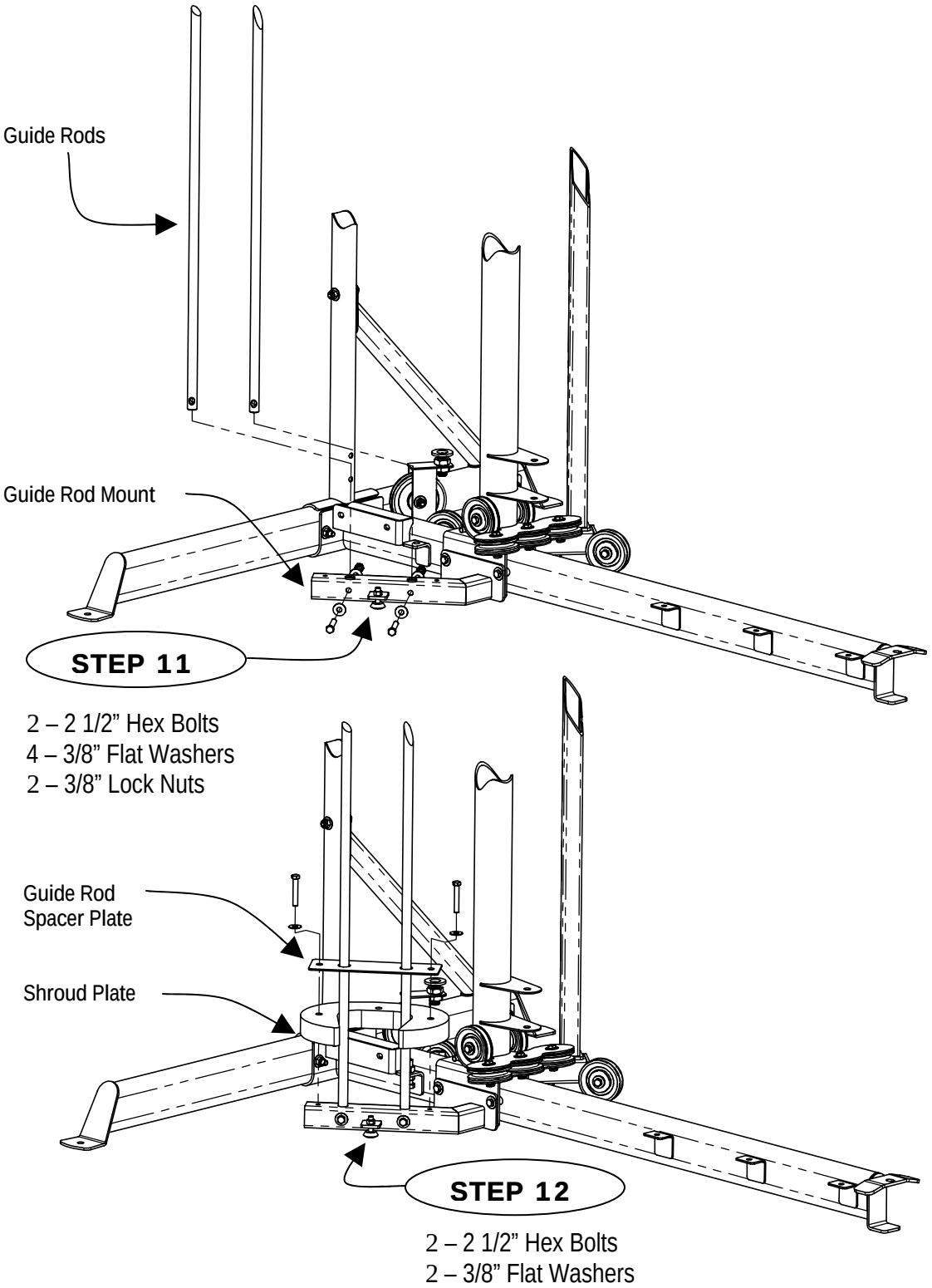


1 – 3" Hex Bolt
2 – 2 ¾" Hex Bolts
6 – 3/8" Flat Washers
3 – 3/8" Lock Nuts

Step 10: Attach Cable Column Upper Mount to Cable Column and Top Beam Track using:

One (3/8" x 3" Hex Bolts)
Two (3/8" x 2 ¾" Hex Bolt)
Six (3/8" Flat Washers)
Three (3/8" Lock Nuts)

(Wrench Tighten Bolts)

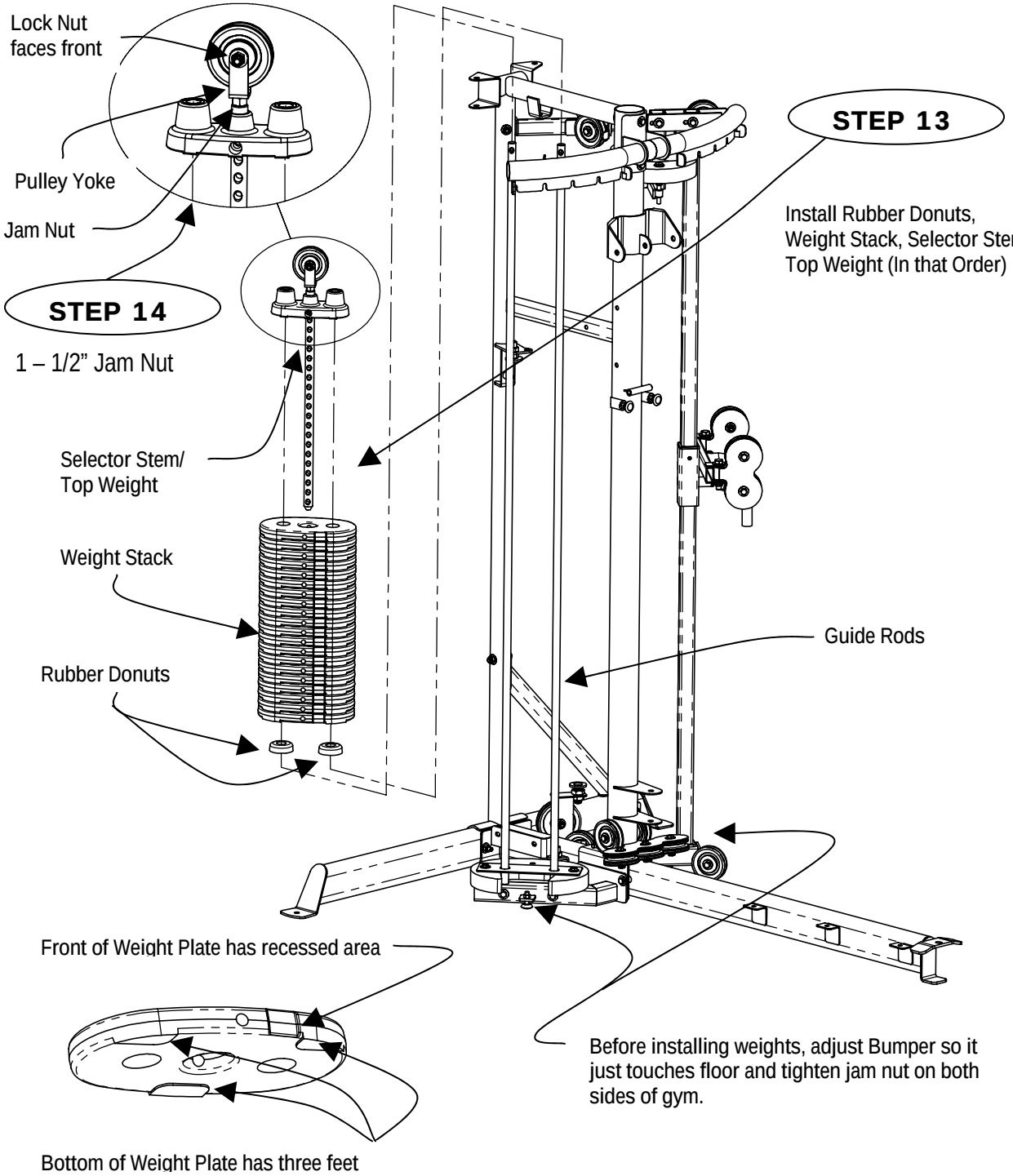


Step 11: Attach Guide Rods to Guide Rod Mount using:

Two (3/8" x 2 ½" Hex Bolts)
Four (3/8" Flat Washers)
(Wrench Tighten Bolts) **Two (3/8" Lock Nuts)**

Step 12: Attach Shroud Plate and Guide Rod Spacer Plate using:

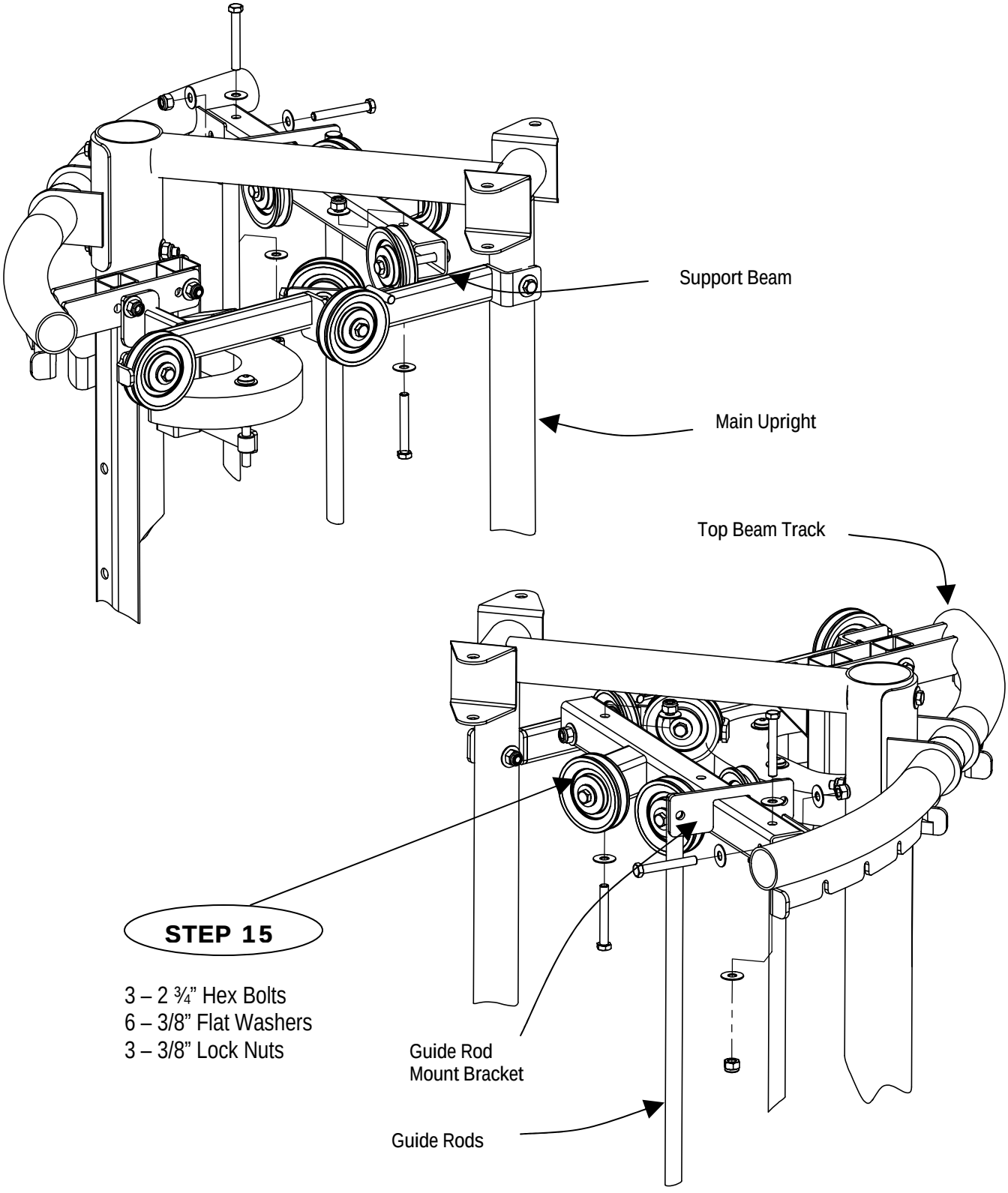
Two (3/8" x 2 ½" Hex Bolts)
(Wrench Tighten Bolts) **Two (3/8" Flat Washers)**



Step 13: Slide Rubber Donuts down the Guide Rods until sitting on the Shroud Plate. Next slide each Weight Plate down the Guide Rods until all 20 Weight Plates are resting on the Rubber Donuts. Be sure that all Weight Plates are facing forward. Front of Weight Plate is indicated by recessed area for weight stack numbers. Next, slide Selector Stem/Top Weight down the Guide Rods and onto Weight Stack.

Step 14: Attach Pulley Yoke to Selector Stem, verify that bolt is threaded completely into Selector Stem with Lock Nut on Pulley facing towards front using:

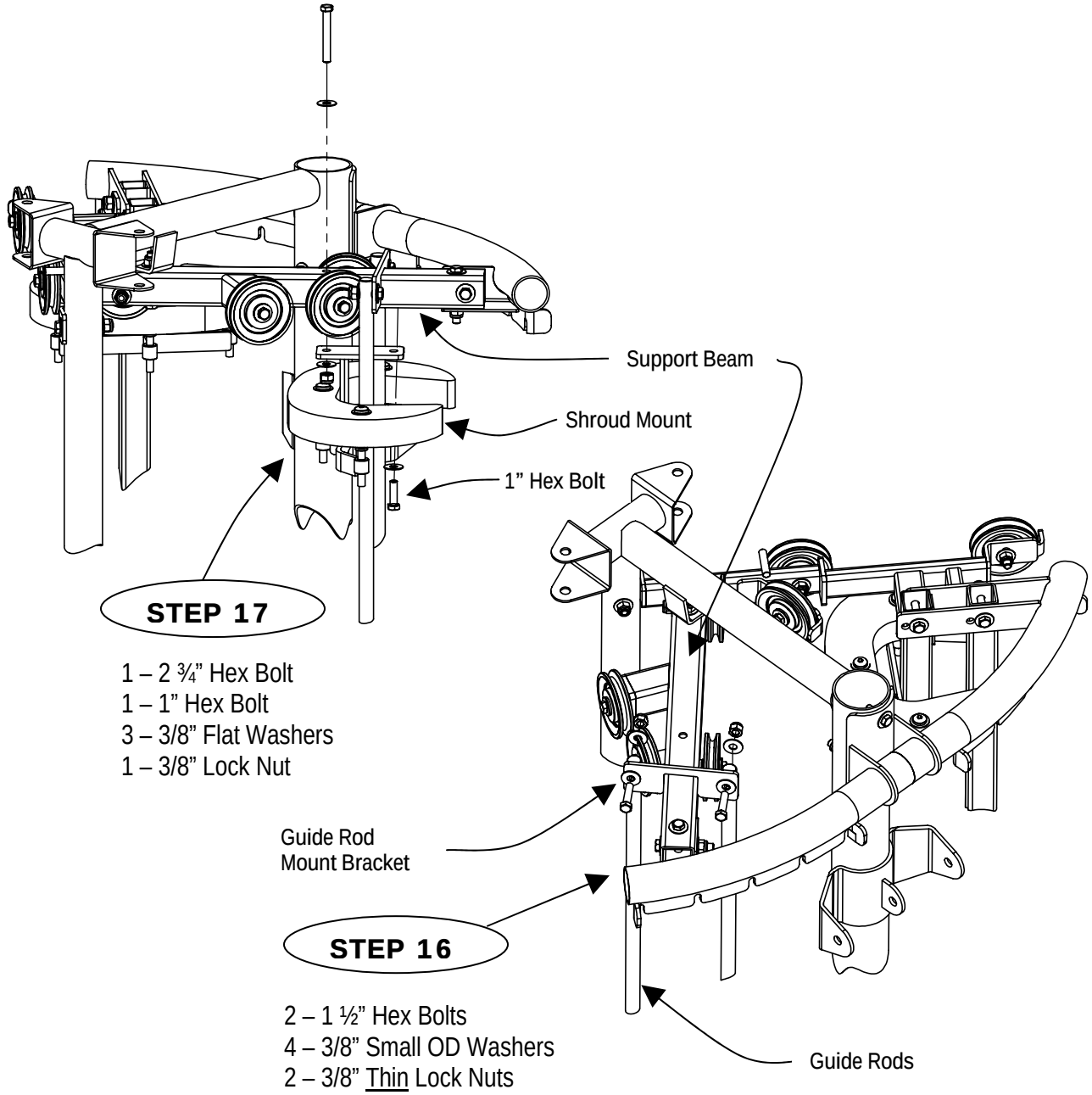
(Wrench Tighten Jam Nut) **One (1/2" Jam Nut)**



Step 15: Attach Support Beam to Main Upright and Top Beam Track using:
(Note: Position Guide Rods in back of Guide Rod Mount Bracket as shown)

Three (3/8" x 2 ¾" Hex Bolts)
Six (3/8" Flat Washers)
Three (3/8" Lock Nuts)

(Wrench Tighten Bolts)

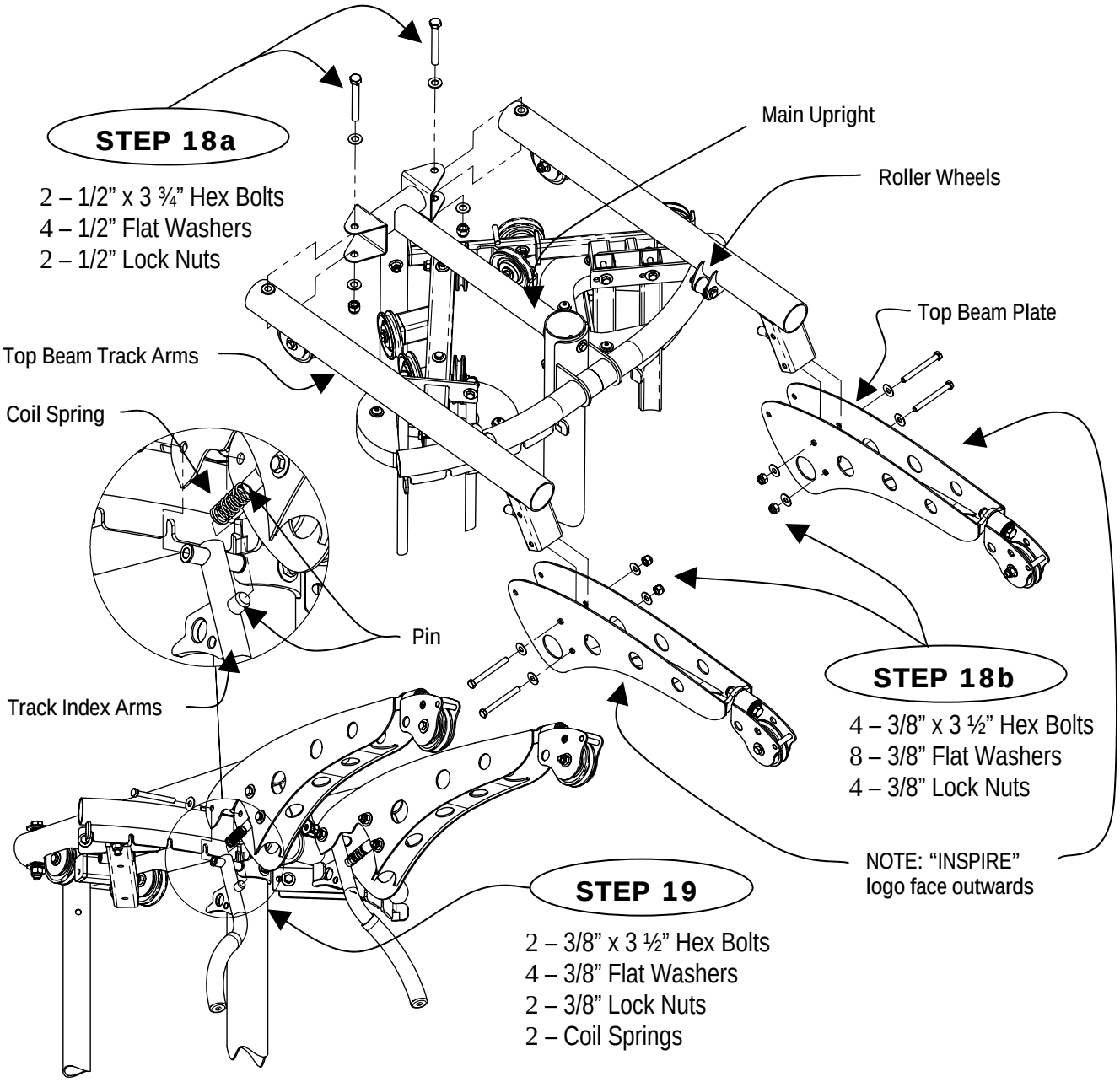


Step 16: Attach Guide Rods to Support Beam using:
(Note: Position Guide Rods in back of Guide Rod Mount Bracket as shown)

	Two	**(3/8" x 1 ½" Hex Bolts)**
	Four	**(3/8" Small OD Washers)**
(Wrench Tighten Bolts)	**Two**	**(3/8" Thin Lock Nuts)**

Step 17: Attach Shroud Mount to Support Beam using:

	One	**(3/8" x 2 ¾" Hex Bolt)**
	One	**(3/8" x 1" Hex Bolt)**
	Three	**(3/8" Flat Washers)**
(Wrench Tighten Bolts)	**One**	**(3/8" Lock Nut)**


STEP 18a
2 – 1/2" x 3 ¾" Hex Bolts
4 – 1/2" Flat Washers
2 – 1/2" Lock Nuts
Main Upright
Roller Wheels
Top Beam Plate
Top Beam Track Arms
Coil Spring
Pin
Track Index Arms
STEP 18b
4 – 3/8" x 3 ½" Hex Bolts
8 – 3/8" Flat Washers
4 – 3/8" Lock Nuts
NOTE: "INSPIRE" logo face outwards
STEP 19
2 – 3/8" x 3 ½" Hex Bolts
4 – 3/8" Flat Washers
2 – 3/8" Lock Nuts
2 – Coil Springs

Step 18a: Attach Top Beam Track Arms to Main Upright using:

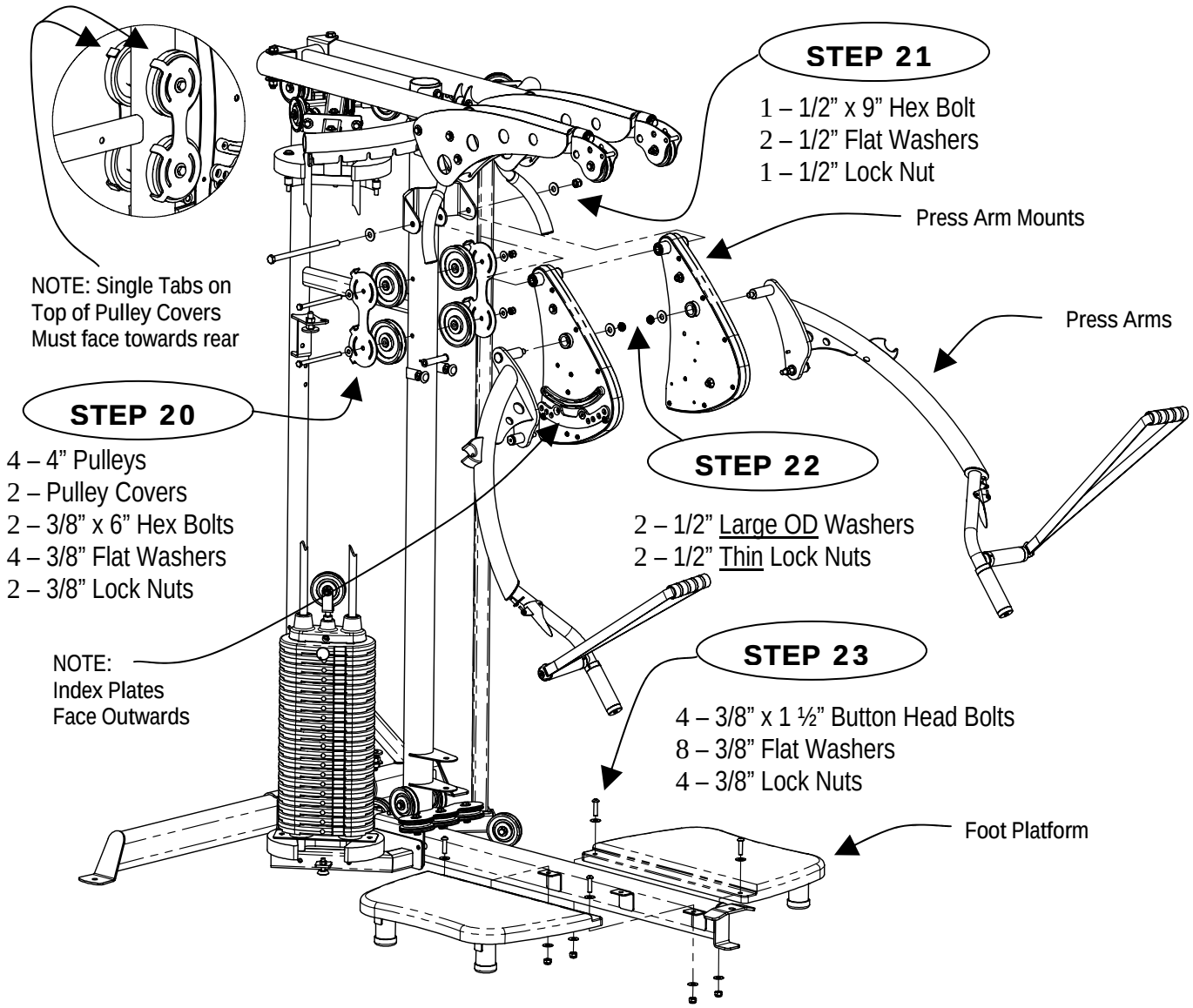
Two (1/2" x 3 ¾" Hex Bolts) Four (1/2" Flat Washers)
Two (1/2" Lock Nuts) (Note: Roller Wheels face inward)
(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)

Step 18b: Attach Top Beam Plates to Top Beam Track Arms using:

Four (3/8" x 3 ½" Hex Bolts) Eight (3/8" Flat Washers)
Four (3/8" Lock Nuts)
(Note: "INSPIRE" logo face outwards)
(Wrench Tighten Bolts)

Step 19: Slide Coil Spring onto Top Beam Track Arm pin, align Track Index Arm pin onto Coil Spring end, then Attach Track Index Arms to Top Beam Track Arms using:

Two (3/8" x 3 ½" Hex Bolts) Four (3/8" Flat Washers)
Two (3/8" Lock Nuts) Two (Coil Springs)
(Note: Track Index Arms face outwards)
(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)


STEP 21
1 – 1/2" x 9" Hex Bolt
2 – 1/2" Flat Washers
1 – 1/2" Lock Nut
Press Arm Mounts
NOTE: Single Tabs on
Top of Pulley Covers
Must face towards rear
Press Arms
STEP 20
4 – 4" Pulleys
2 – Pulley Covers
2 – 3/8" x 6" Hex Bolts
4 – 3/8" Flat Washers
2 – 3/8" Lock Nuts
STEP 22
2 – 1/2" Large OD Washers
2 – 1/2" Thin Lock Nuts
NOTE:
Index Plates
Face Outwards
STEP 23
4 – 3/8" x 1 ½" Button Head Bolts
8 – 3/8" Flat Washers
4 – 3/8" Lock Nuts
Foot Platform

Step 20: Attach Pulleys and Pulley Covers to Main Upright using:

Four (4" Pulleys) **Two (Pulley Covers)**
Two (3/8" x 6" Hex Bolts) **Four (3/8" Flat Washers)**
Two (3/8" Lock Nuts)
(Single Tabs on Top of Pulley Covers <u>Must</u> face towards rear)
(Wrench Tighten Bolts)

Step 21: Attach Press Arm Mounts, Left & Right to Main Upright using:

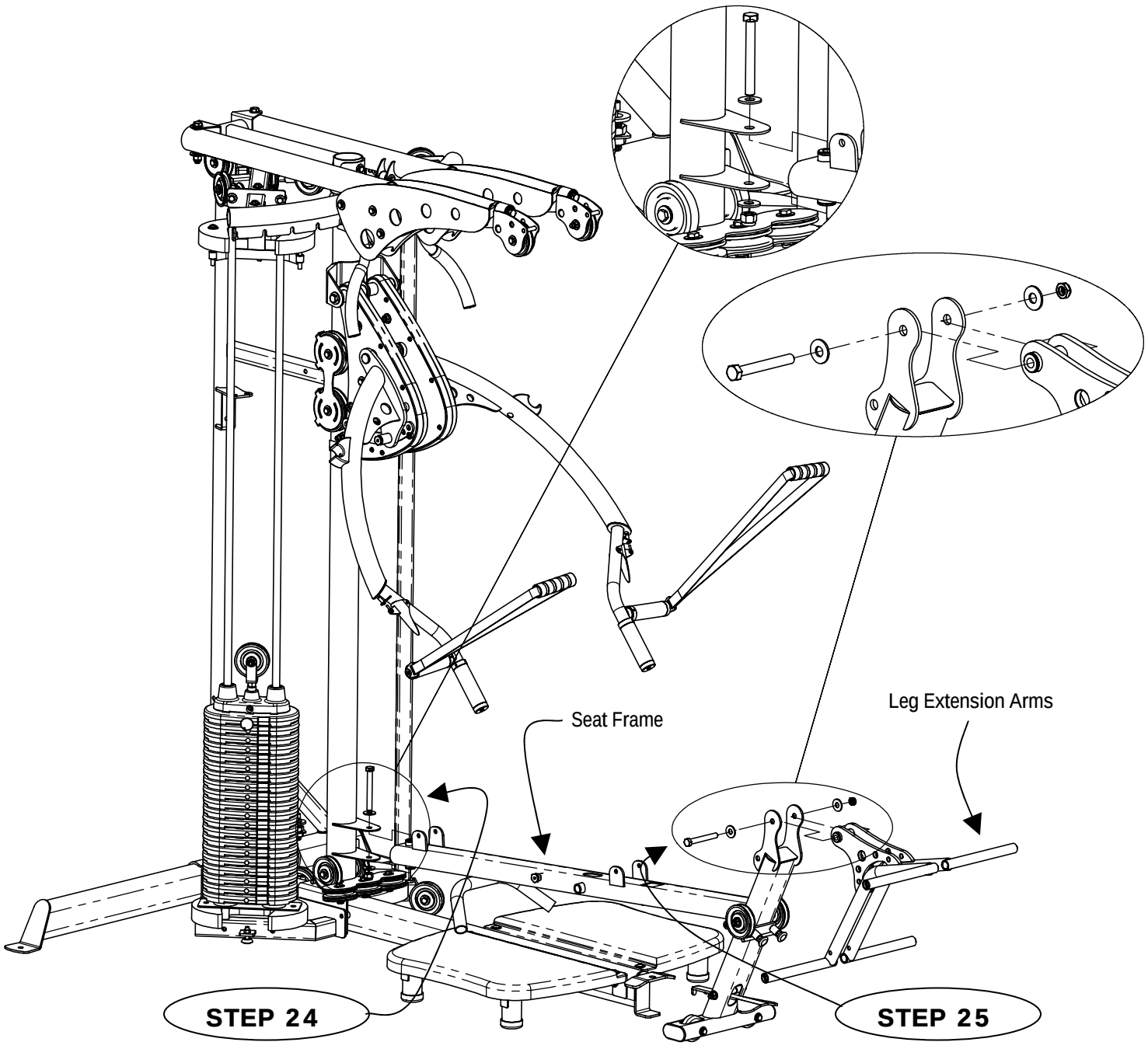
One (1/2" x 9" Hex Bolt) **Two (1/2" Flat Washers)**
One (1/2" Lock Nut)
(Note: Index Plates Face Outward)
(Wrench Tighten Bolt)

Step 22: Attach Press Arms, Left & Right to Press Arm Mounts using:

Two (1/2" <u>Large OD</u> Washers **Two (1/2" <u>Thin</u> Lock Nuts)**
(Wrench Tighten Nuts, Do Not Over Tighten, Assembly Should Move Freely.)

Step 23: Attach Foot Platforms to Main Base using:

Four (3/8" x 1 ½" Button Head Bolts) **Eight (3/8" Flat Washers)**
Four (3/8" Lock Nuts)
(Use 6mm Hex Wrench to Tighten Bolts)



1 – 1/2" x 4" Hex Bolt
2 – 1/2" Flat Washers
1 – 1/2" Lock Nut

1 – 1/2" x 4" Hex Bolt
2 – 1/2" Flat Washers
1 – 1/2" Thin Lock Nut

Step 24: Attach Seat Frame Assembly to Main Upright using:

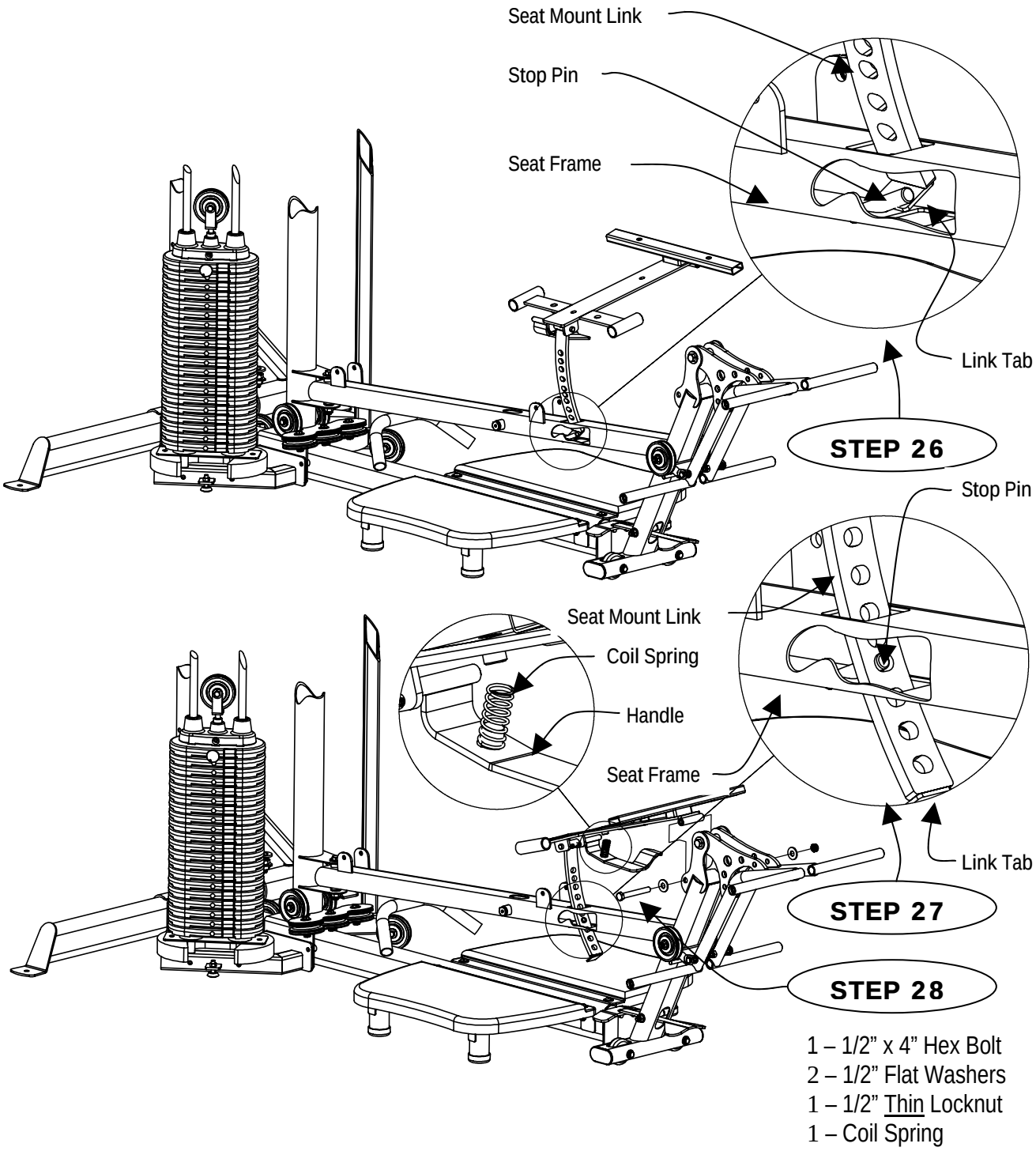
One (1/2" x 4" Hex Bolt)
Two (1/2" Flat Washers)
One (1/2" Lock Nut)

(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)

Step 25: Attach Leg Extension Arms to Seat Frame Assembly using:

One (1/2" x 4" Hex Bolt)
Two (1/2" Flat Washers)
One (1/2" Thin Lock Nut)

(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)



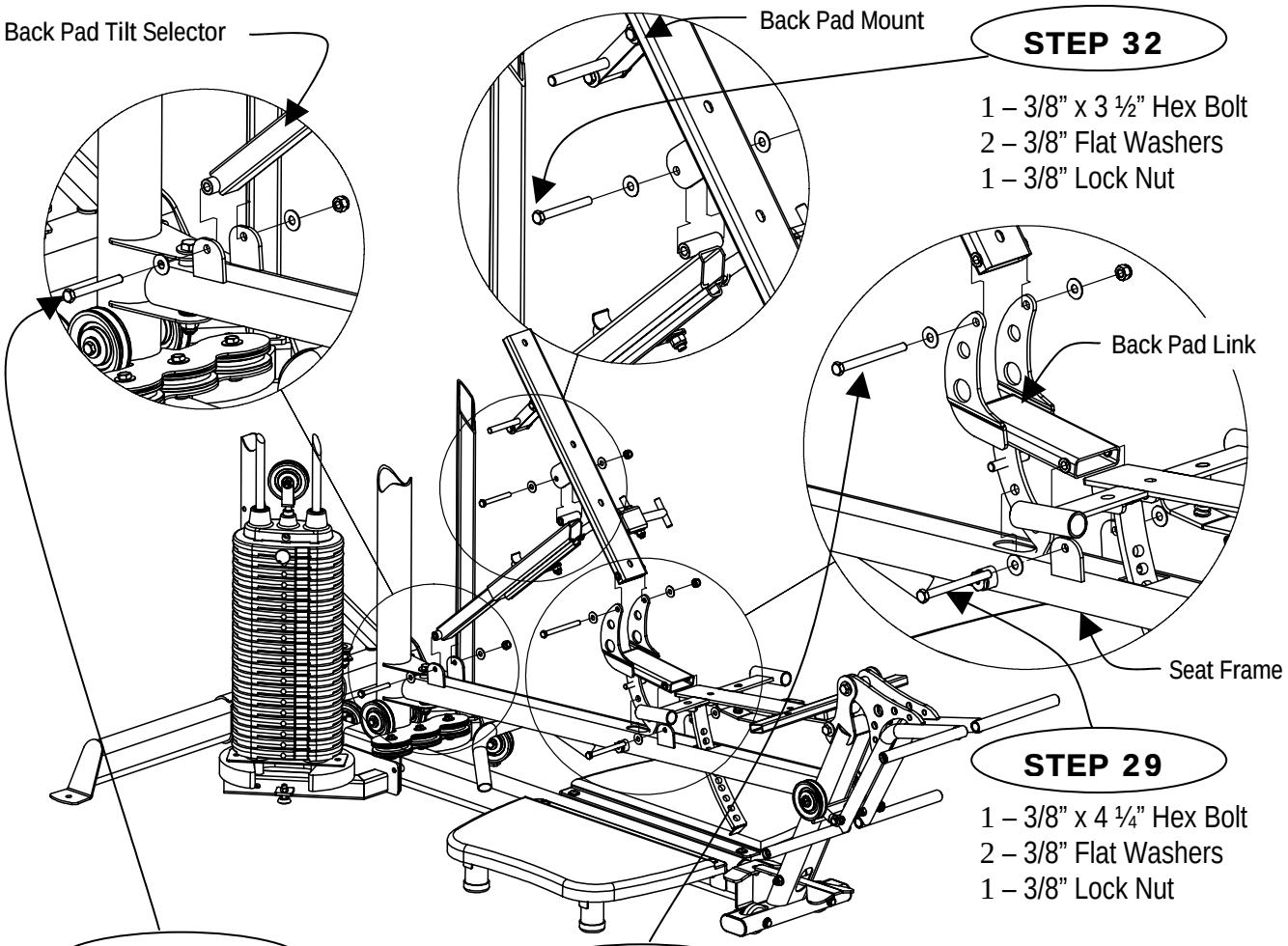
Step 26: Insert Seat Mount Link thru cut-out in Seat Frame and position Link Tab as shown.

Step 27: Rotate Seat Mount Link Tab 90° clockwise around stop pin and slide Seat Mount Link thru cut-out until hole and stop pin engage as shown.

Step 28: Insert Coil Spring onto handle pin, then attach Seat Mount to Seat Frame using:

One (1/2" x 4" Hex Bolt)
Two (1/2" Flat Washers)
One (1/2" Thin Locknut)
One (Coil Spring)

(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)


Back Pad Tilt Selector
Back Pad Mount
STEP 32
1 – 3/8" x 3 ½" Hex Bolt
2 – 3/8" Flat Washers
1 – 3/8" Lock Nut
Back Pad Link
Seat Frame
STEP 29
1 – 3/8" x 4 ¼" Hex Bolt
2 – 3/8" Flat Washers
1 – 3/8" Lock Nut
STEP 31
1 – 3/8" x 3 ½" Hex Bolt
2 – 3/8" Flat Washers
1 – 3/8" Lock Nut
STEP 30
1 – 3/8" x 4 ¼" Hex Bolt
2 – 3/8" Flat Washers
1 – 3/8" Lock Nut

Step 29: Attach Back Pad Link to Seat Frame using:

One (3/8" x 4 ¼" Hex Bolt)
Two (3/8" Flat Washers)
One (3/8" Lock Nut)

(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)

Step 30: Attach Back Pad Mount to Back Pad Link using:

One (3/8" x 4 ¼" Hex Bolt)
Two (3/8" Flat Washers)
One (3/8" Lock Nut)

(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)

Step 31: Attach Back Pad Tilt Selector to Seat Frame using:

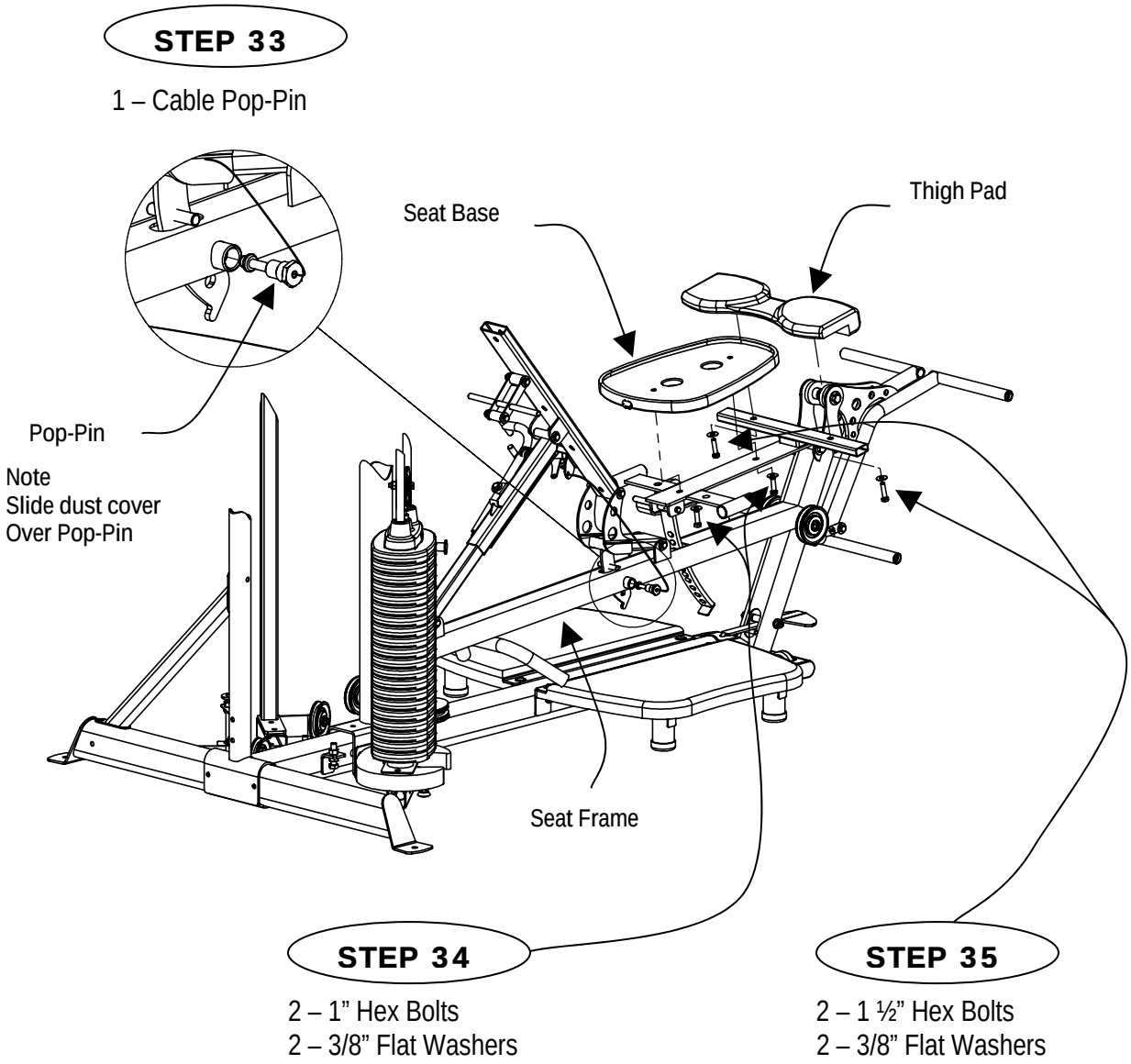
One (3/8" x 3 ½" Hex Bolt)
Two (3/8" Flat Washers)
One (3/8" Lock Nut)

(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)

Step 32: Attach Back Pad Mount to Back Pad Tilt Selector using:

One (3/8" x 3 ½" Hex Bolt)
Two (3/8" Flat Washers)
One (3/8" Lock Nut)

(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)



Step 33: Attach Back Pad Link Cable to Seat Frame, align slot in Back Pad Link with Cable Pop-Pin to lock into position, slide dust cover over Pop-Pin using:

(Wrench Tighten Pop-Pin) **One (Pop-Pin Cable)**

Step 34: Attach Seat Base to Seat Mount using:

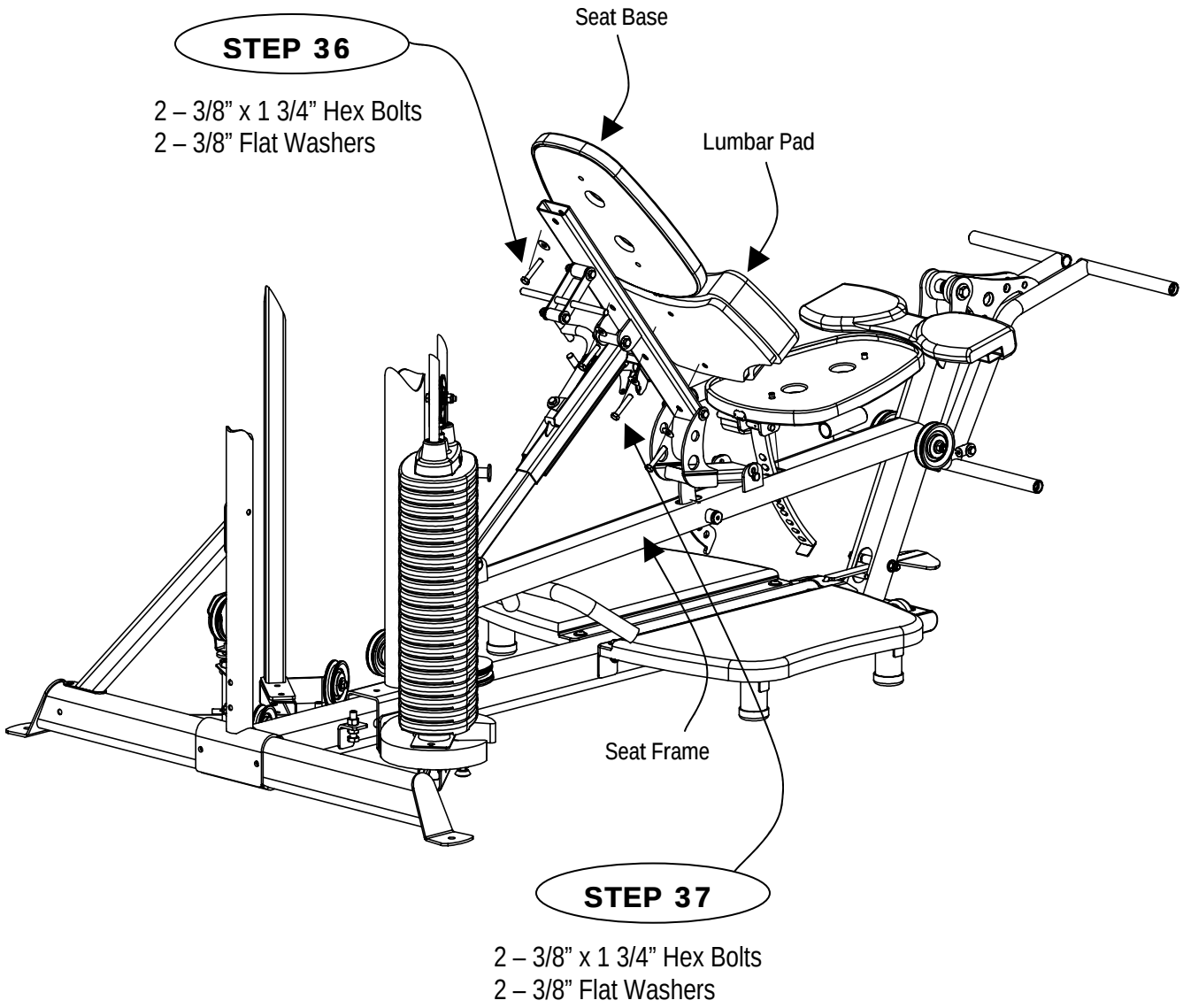
Two (3/8" x 1" Hex Bolts)

(Wrench Tighten Bolts) **Two (3/8" Flat Washers)**

Step 35: Attach Thigh Pad to Seat Mount using:

Two (3/8" x 1 ½" Hex Bolts)

(Wrench Tighten Bolts) **Two (3/8" Flat Washers)**

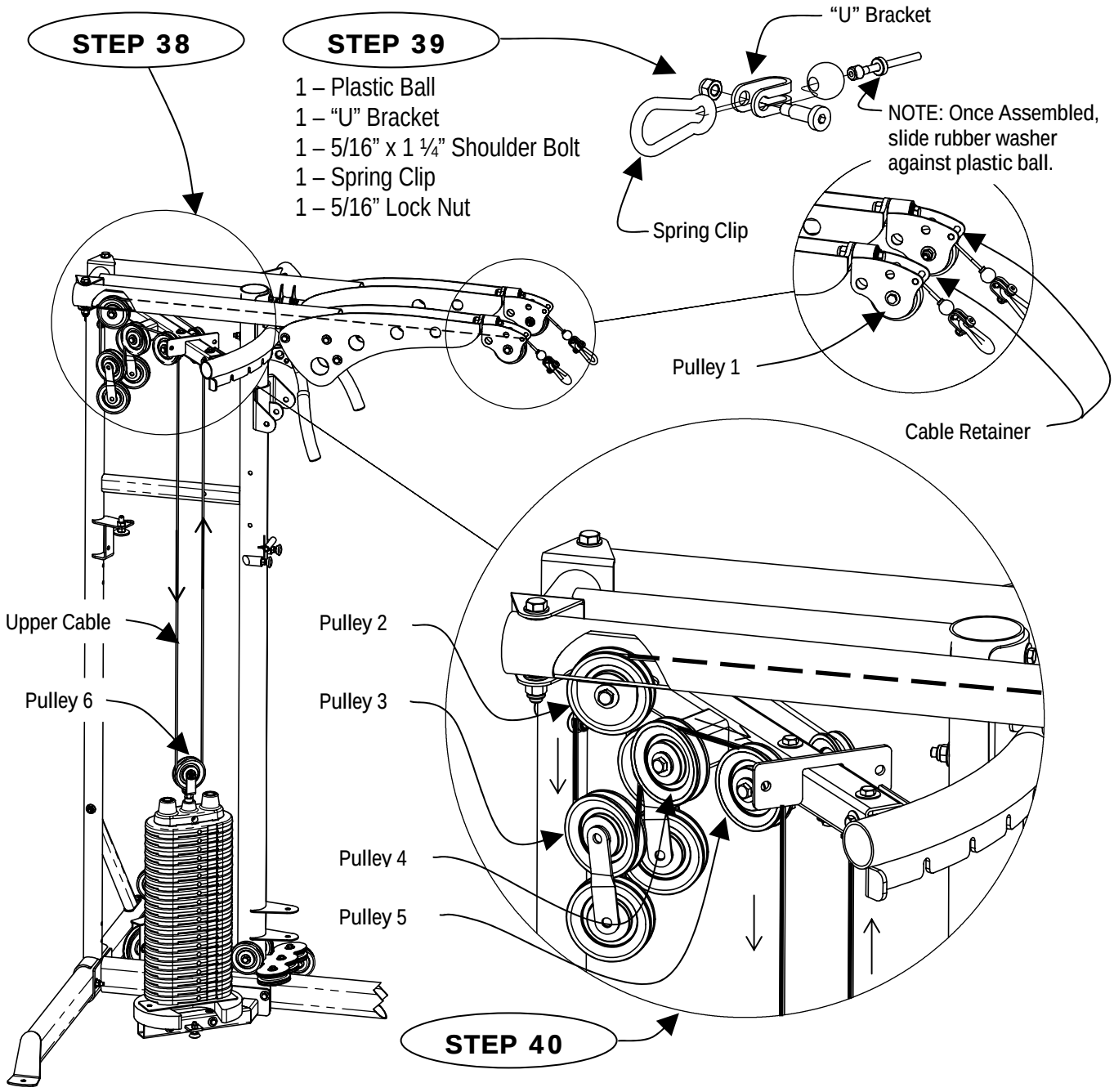


Step 36: Attach Seat Base to Seat Frame Assembly using:

Two (3/8" x 1 ¾" Hex Bolts)
(Wrench Tighten Bolts) **Two (3/8" Flat Washers)**

Step 37: Attach Lower Back Pad Assembly to Seat Frame Assembly using:

Two (3/8" x 1 ¾" Hex Bolts)
(Wrench Tighten Bolts) **Two (3/8" Flat Washers)**



Step 38: Begin by routing Upper Cable from back of machine around Pulley 2 towards front of machine to Pulley 1 as shown in diagram.

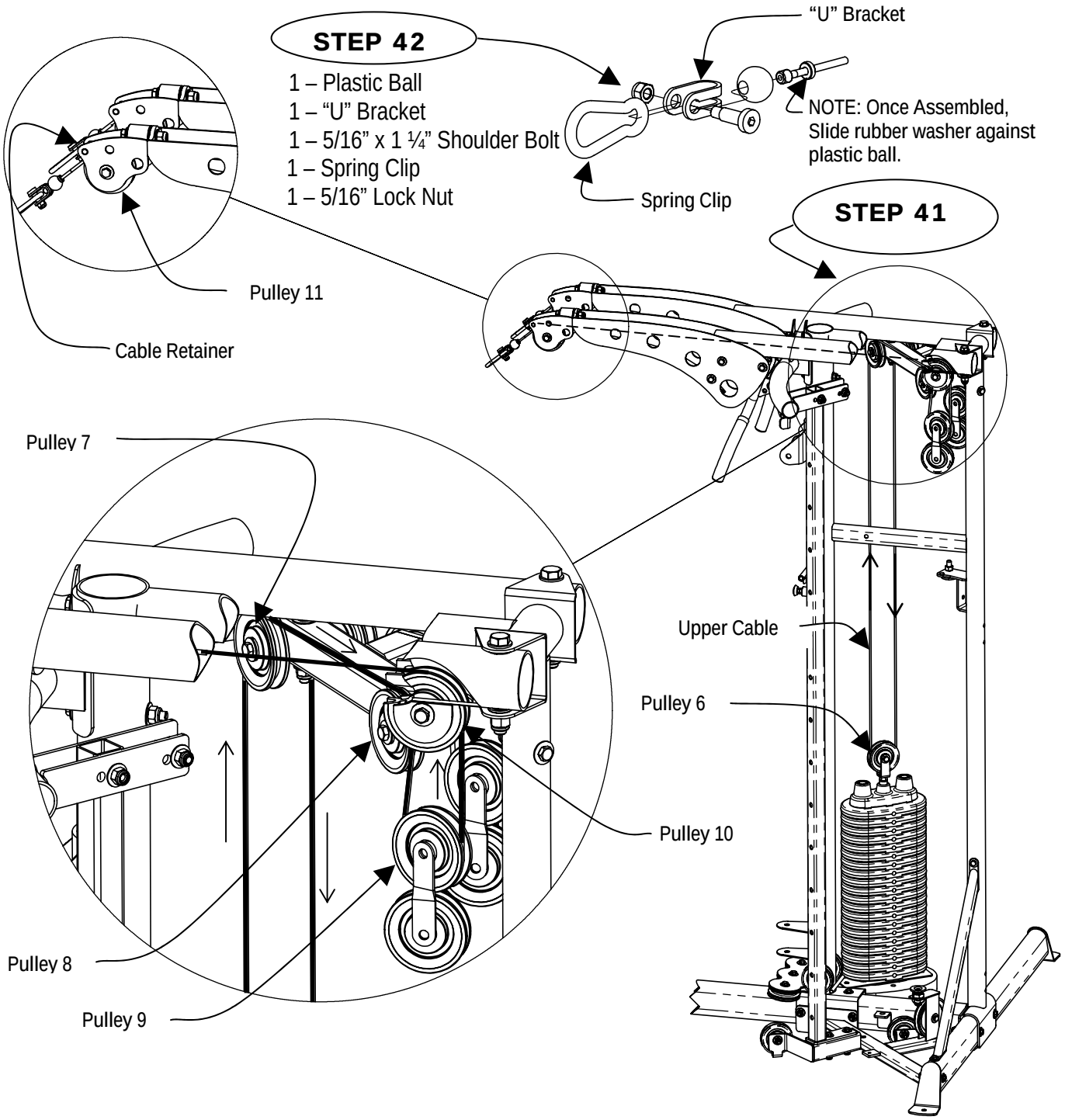
Step 39: Assemble Cable End by sliding one plastic ball onto the end of the cable. Next, slide the cable end into the side of the "U" Bracket. Finally, attach a spring clip to the "U" Bracket using a 5/16" x 1 ¼" Shoulder Bolt and 5/16" Lock Nut.

One (5/6" x 1 ¼" Shoulder Bolt) One (5/16" Lock Nut)
One (Plastic Ball) One ("U" Bracket) One (Spring Clip)

(Make sure that the cable is routed between pulley 1 and cable retainer)
(Wrench Tighten Bolt)

Step 40: Continue routing Upper Cable around Pulleys 3, 4 5 and 6 as shown.

(Cable Routing Steps continued on next page)

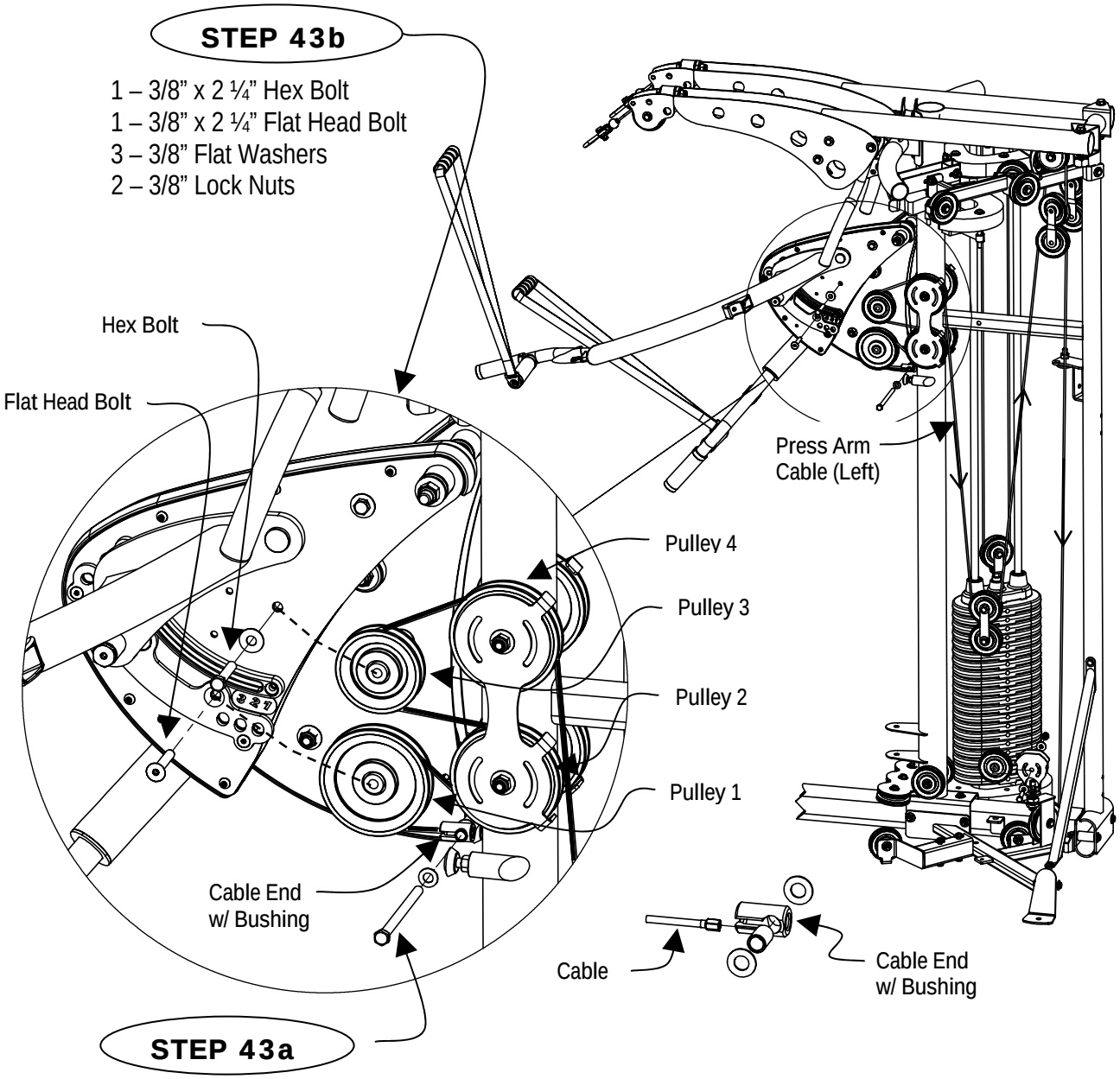


Step 41: Continue routing Upper Cable around Pulleys 7 ,8,9 and Pulley 10 towards front of machine to Pulley 11 as shown in diagram.

Step 42: Assemble Cable End by sliding one plastic ball onto the end of the cable. Next, slide the cable end into the side of the "U" Bracket. Finally, attach a spring clip to the "U" Bracket using a 5/16" x 1 ¼" Shoulder Bolt and 5/16" Lock Nut.

One (5/6" x 1 ¼" Shoulder Bolt) One (5/16" Lock Nut)
One (Plastic Ball) One ("U" Bracket) One (Spring Clip)

(Make sure that the cable is routed between pulley 11 and cable retainer)
(Wrench Tighten Bolt)

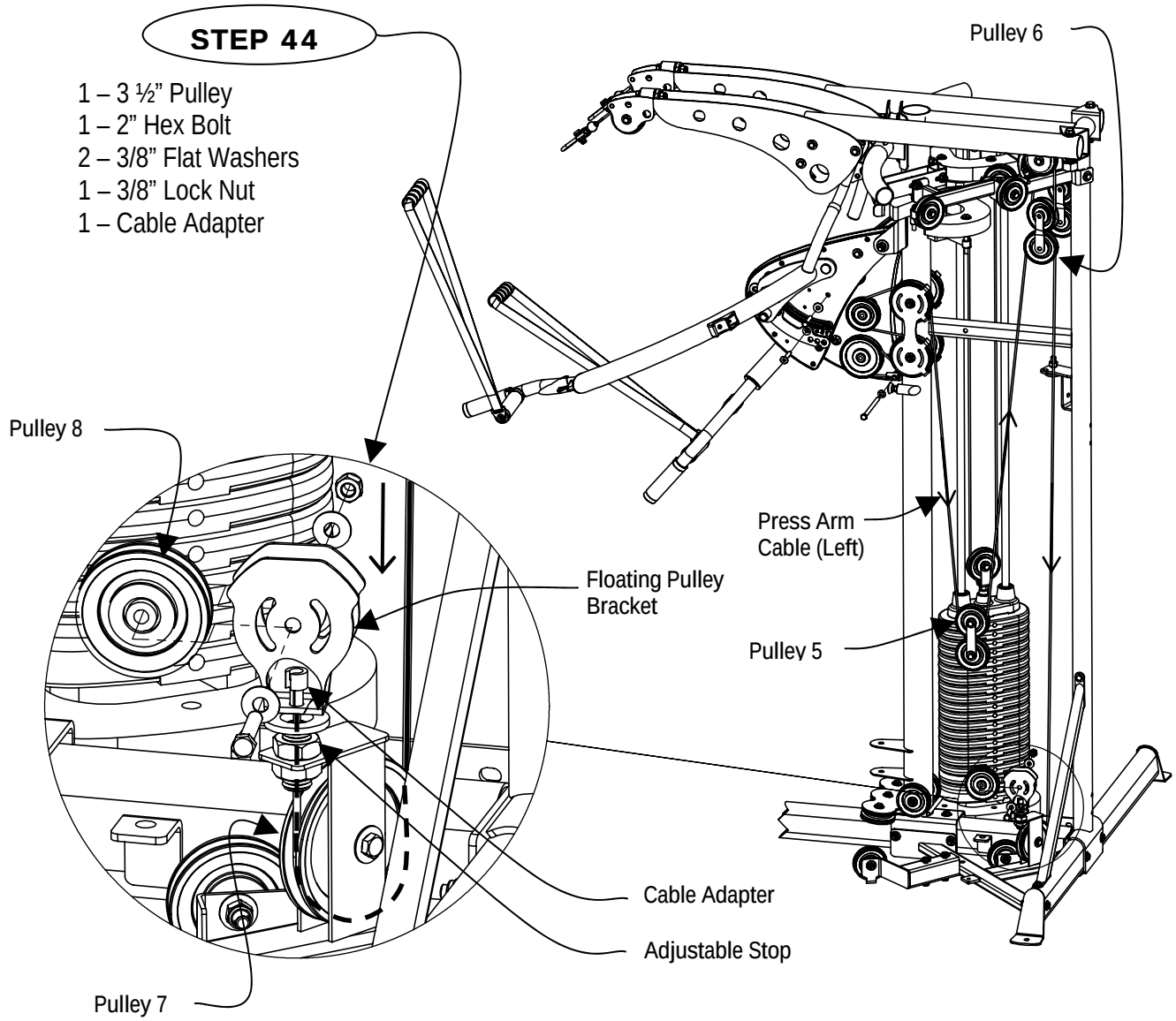


Step 43a: Attach Left Press Arm Cable by sliding end of cable thru slot of Cable End as shown, then slide Bushing into Cable End, attach with Hex Bolt and small OD Washers on each side of bushing using:

One (3/8" x 5 ½" Hex Bolt) Two (3/8" Small OD Washers)

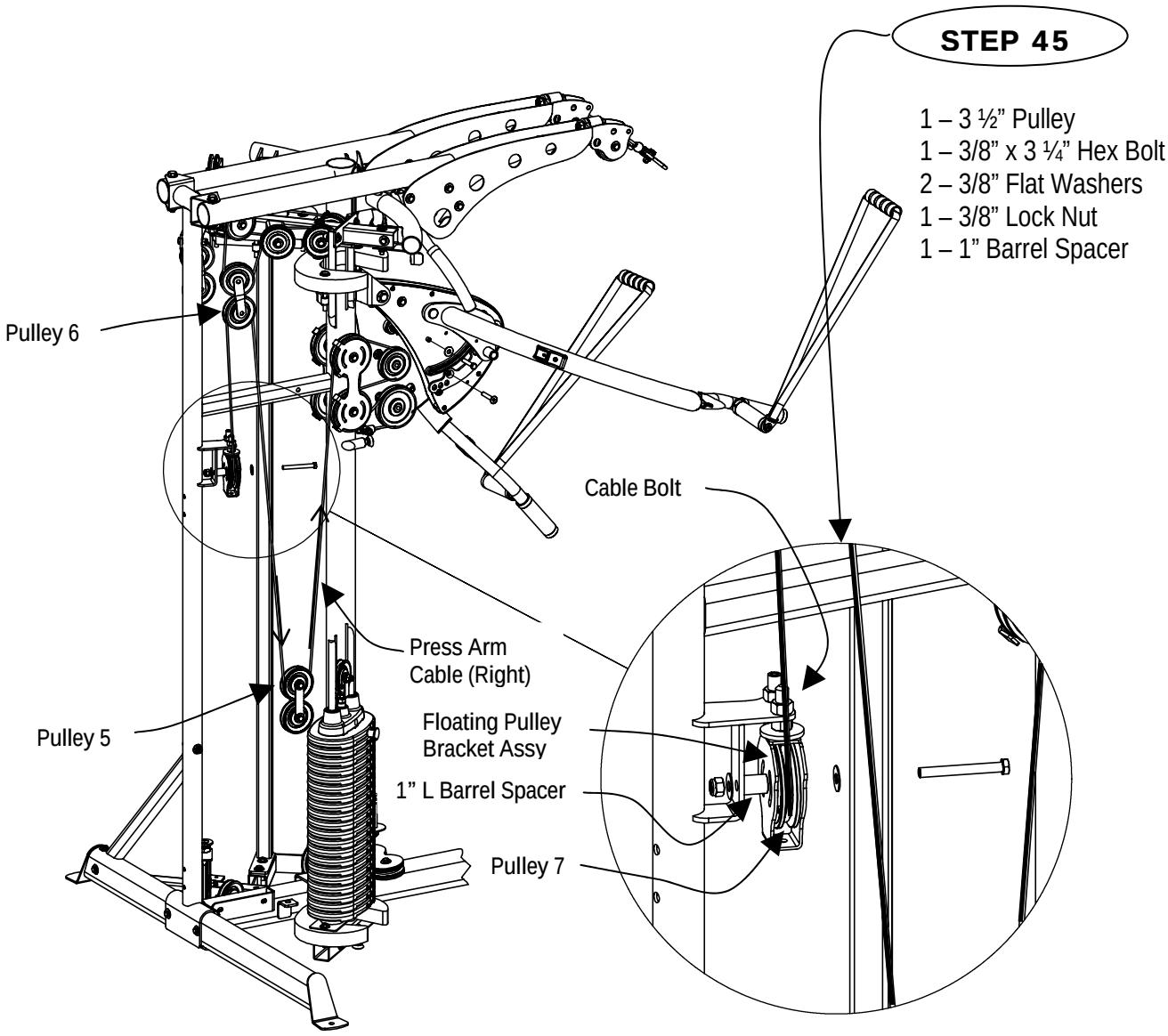
Step 43b: Route the Press Arm Cable as Pulley 1 is attached to Press Arm Mount, route cable around Pulley 2, route cable as Pulley 3 is attached to Press Arm Mount, route cable around Pulley 4 using:

One (3/8" x 2 ¼" Hex Bolt) One (3/8" x 2 ¼" Flat Head Bolt)
Three (3/8" Flat Washers) Two (3/8" Lock Nuts)
(Wrench Tighten Bolts)



Step 44: Continue routing cable around Pulleys 5, 6 and 7, route thru Adjustable Stop, attach Floating Pulley Bracket to end of Press Arm Cable with Cable Adapter. Attach Pulley 8 to Floating Pulley Bracket Assembly using:

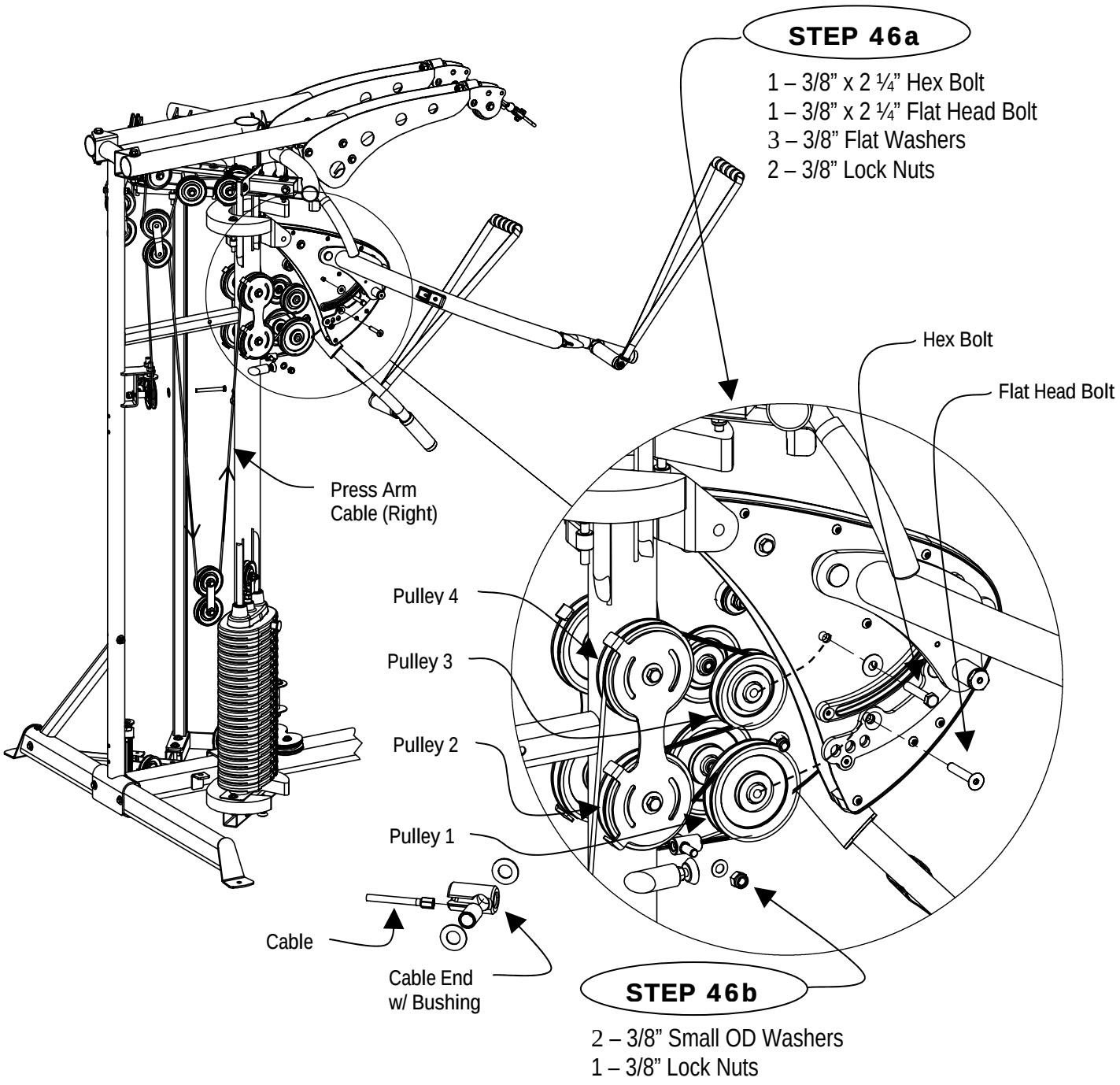
	One	**(3 ½" Pulley)**
	One	**(3/8" x 2" Hex Bolt)**
	Two	**(3/8" Flat Washers)**
	One	**(3/8" Lock Nut)**
(Wrench Tighten Bolts)	**One**	**(Cable Adapter)**



Step 45: Attach Anchor Nut end of Press Arm Cable to Bracket on Main Upright and secure Jam Nuts. Route cable thru Floating Pulley Bracket Assembly, around Floating Pulley, Pulleys 7, 6 and 5.

One	**(3 ½" Pulley)**
One	**(3/8" x 3 ¼" Hex Bolt)**
Two	**(3/8" Flat Washers)**
One	**(3/8" Lock Nut)**
One	**(1" Barrel Spacer)**

(Wrench Tighten Bolts)

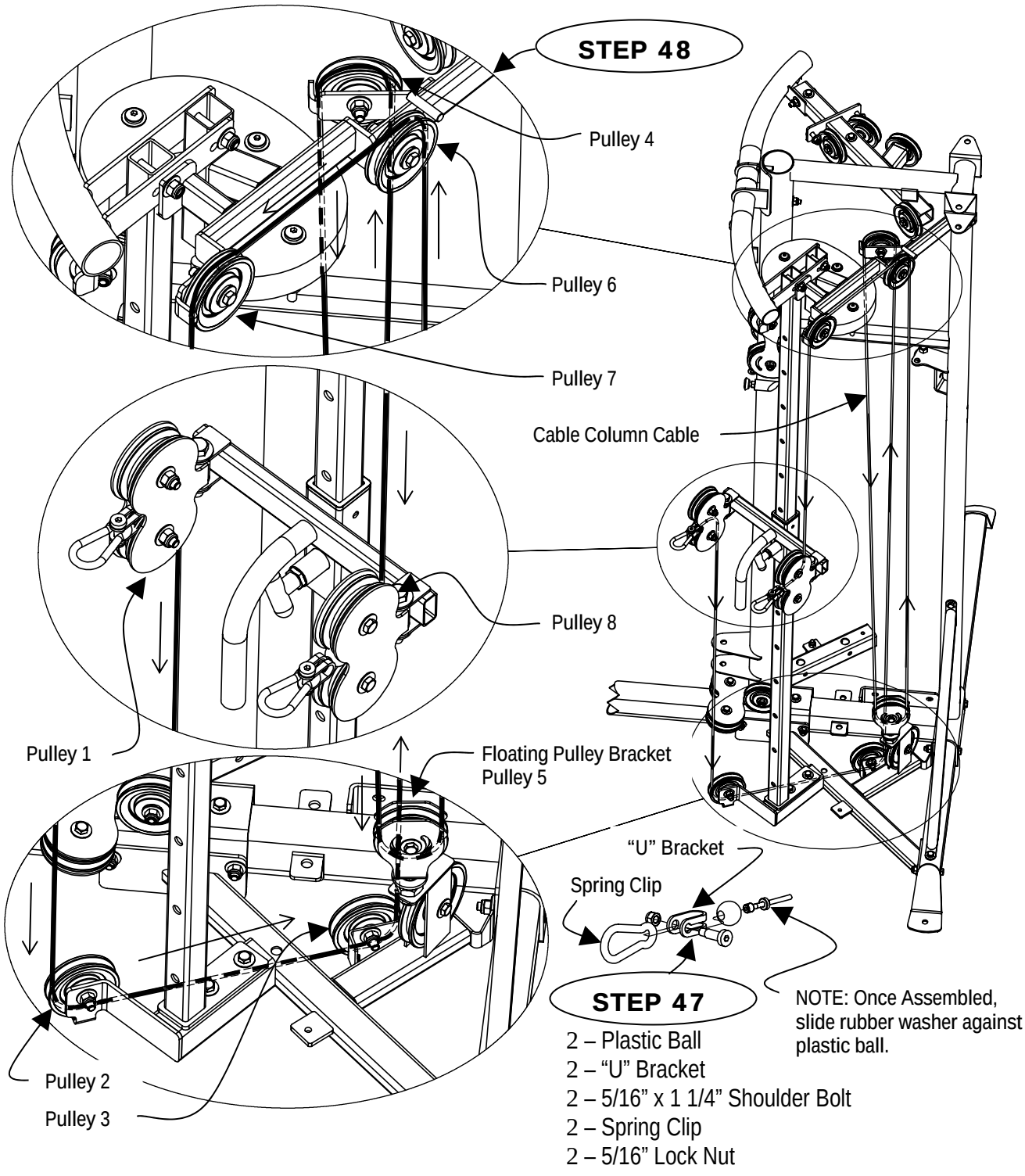


Step 46a: Continue routing cable around Pulley 4, route cable as Pulley 3 is attached to Press Arm Mount, route cable around Pulley 2, route cable as Pulley 1 is attached to Press Arm Mount, attach cable by sliding end of cable thru slot of Cable End, then slide Bushing into Cable End using:

One (3/8" x 2 ¼" Hex Bolt) One (3/8" x 2 ¼" Flat Head Bolt)
Three (3/8" Flat Washers) Two (3/8" Lock Nuts)
(Wrench Tighten Bolts)

Step 46b: Attach Cable End with small OD Washers on each side of bushing using:

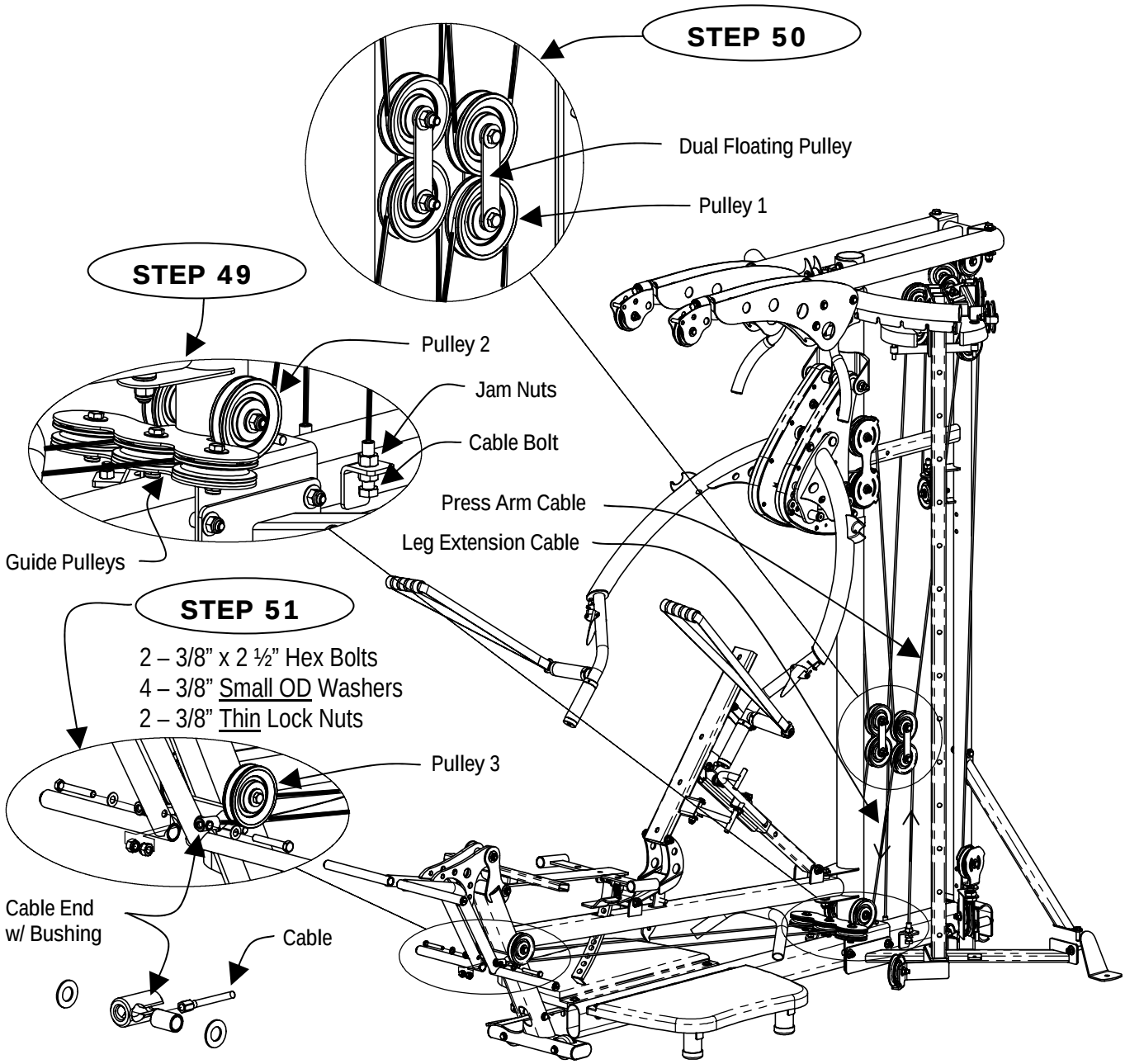
Two (3/8" small OD Washers) One (3/8" Lock Nut)
(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)



Step 47: Assemble cable end on Cable Column Cable by sliding one plastic ball onto the end of the cable. Next slide the cable end into the side of the "U" Bracket. Finally, attach attach a spring clip to the "U" Bracket using a 5/16" x 1 1/4" Shoulder Bolt and 5/16" Lock Nut.

One (5/6" x 1 ¼" Shoulder Bolt) One (5/16" Lock Nut)
One (Plastic Ball) One ("U" Bracket) One (Spring Clip)

Step 48: Begin by routing Cable Column Cable around Pulleys 1, 2, 3 and 4, around Floating Pulley Bracket, around Pulleys 5, 6 and 7, then around Pulley 8 as shown . Finally attach cable end as shown in step 47 diagram. **(Wrench Tighten Bolts)**



Step 49: Attach Leg Extension Cable Bolt to bracket on the Main Base, hand feed thru hole from bottom, install Jam Nuts on top and bottom side of bracket as shown using:

Step 50: Route cable around Pulley 1 (Dual Floating Pulley), route between cable retainer and Pulley 2 , thru guide pulleys, route between cable retainer and Pulley 3.

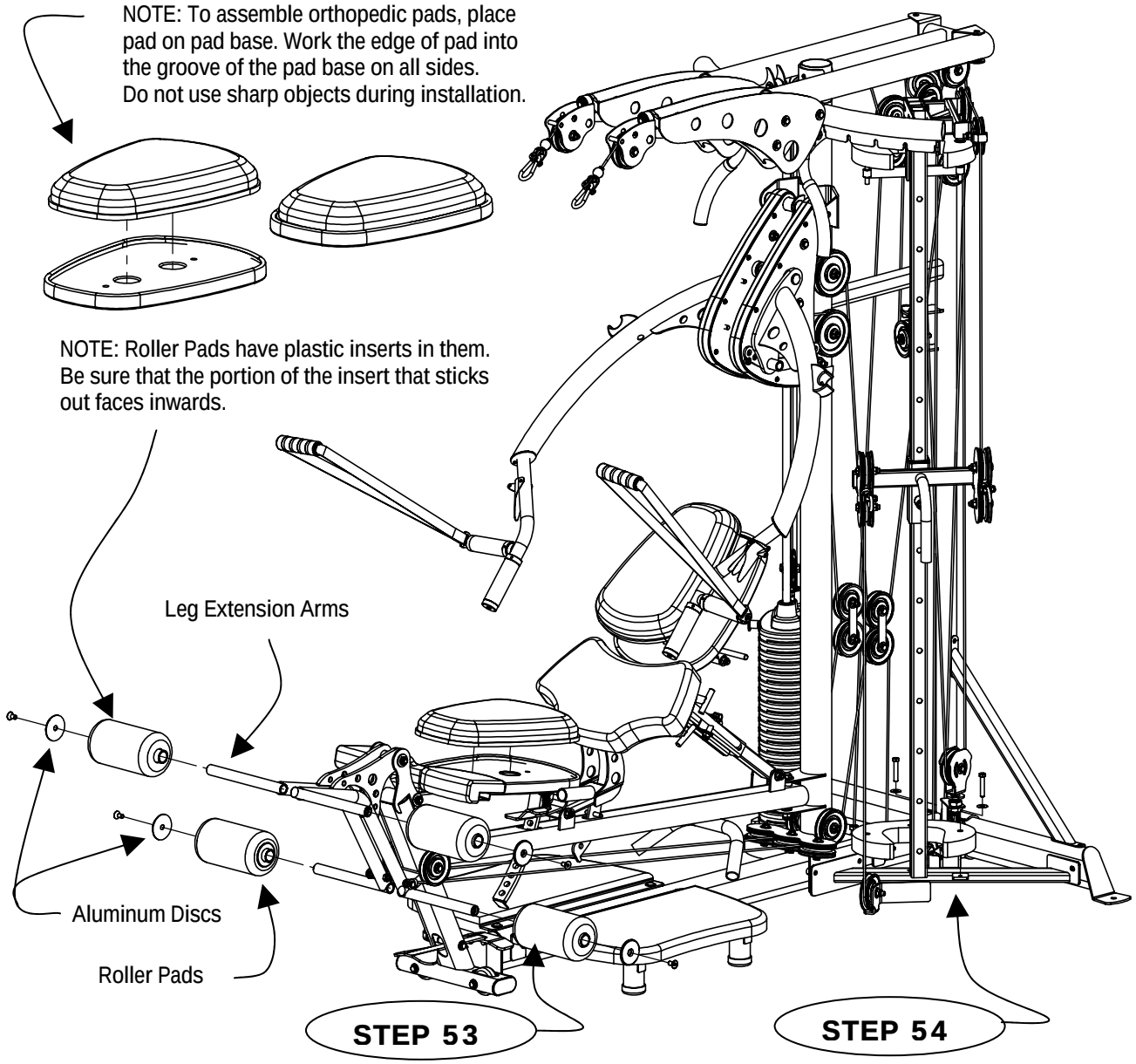
Step 51: Attach Cable by sliding end of cable thru slot of cable end, then slide Bushing into cable end, attach to Leg Extension Arm with Hex Bolts and small OD Washers on each side of Bushing as shown using:

Two (3/8" x 2 ½" Hex Bolts)
Four (3/8" Small OD Washers)
Two (3/8" Thin Lock Nuts)

(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)

Step 52: Attach Leg Extension Cable on other side in the same way.

(Wrench Tighten Bolts, Do Not Over Tighten, Assembly Should Move Freely.)


NOTE: To assemble orthopedic pads, place pad on pad base. Work the edge of pad into the groove of the pad base on all sides. Do not use sharp objects during installation.
NOTE: Roller Pads have plastic inserts in them. Be sure that the portion of the insert that sticks out faces inwards.
Leg Extension Arms
Aluminum Discs
Roller Pads
STEP 53
STEP 54

4 – Roller Pads
4 – 3/8" x 1" Flat Head Bolts
4 – Aluminum Washers

1 – Shroud Plate
2 – 3/8" x 2 ¼" Hex Bolts
2 – 3/8" Flat Washers

Step 53: Slide Roller Pads onto Leg Extension Arms, be sure that the long end of tube faces inward. Secure Roller Pads with Aluminum Discs and 3/8" x 1" flat head bolts using:

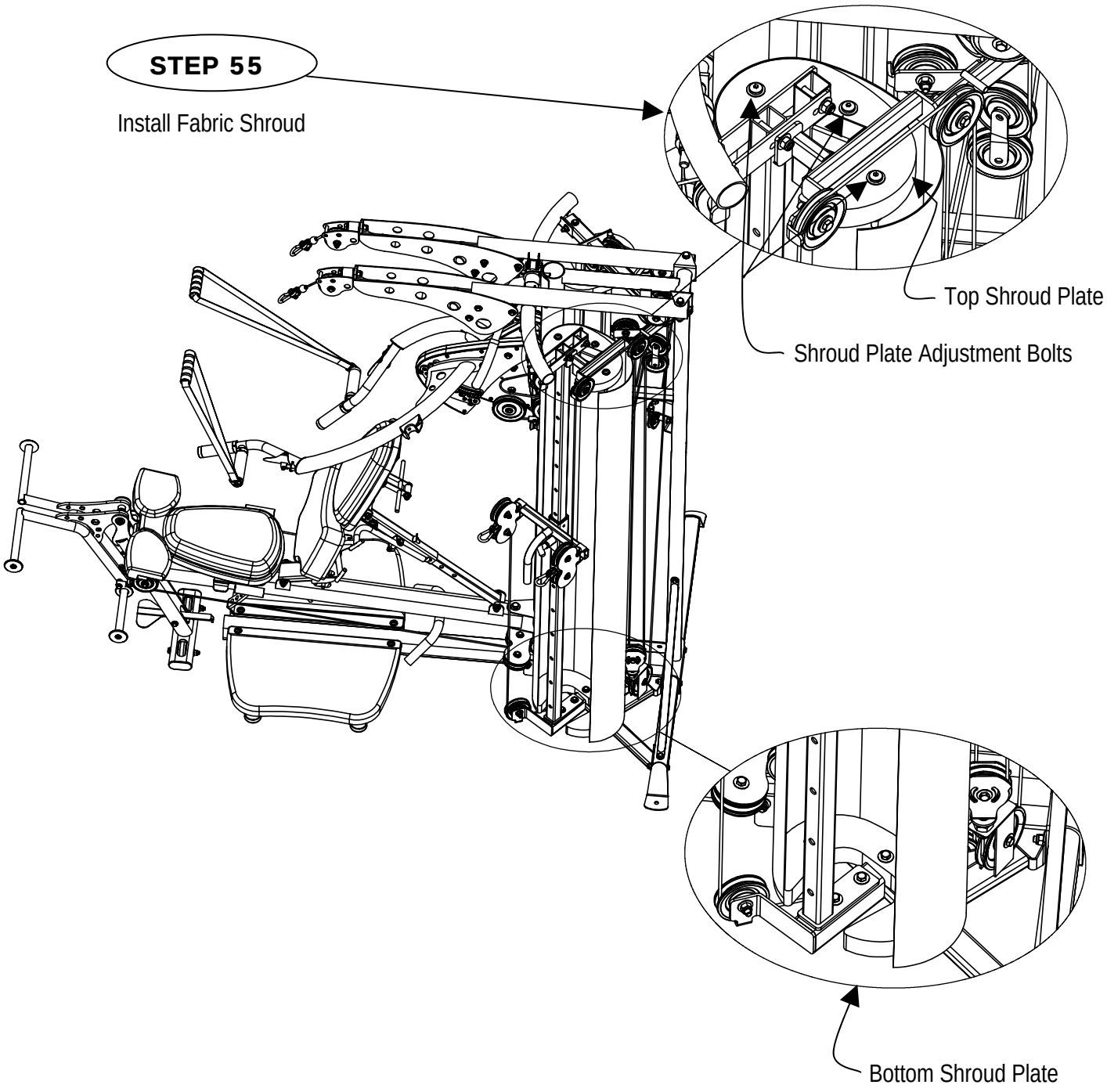
Four (Roller Pads)
Four (3/8" x 1" Flat Head Bolts)
Four (Aluminum Washers)

(Wrench Tighten Bolts with 6mm Allen Wrench)

Step 54: Attach Shroud Plate to Cable Column Lower Mount using:

One (Shroud Plate)
Two (3/8" x 2 ¼" Hex Bolts)
Two (3/8" Flat Washers)

(Wrench Tighten Bolts)

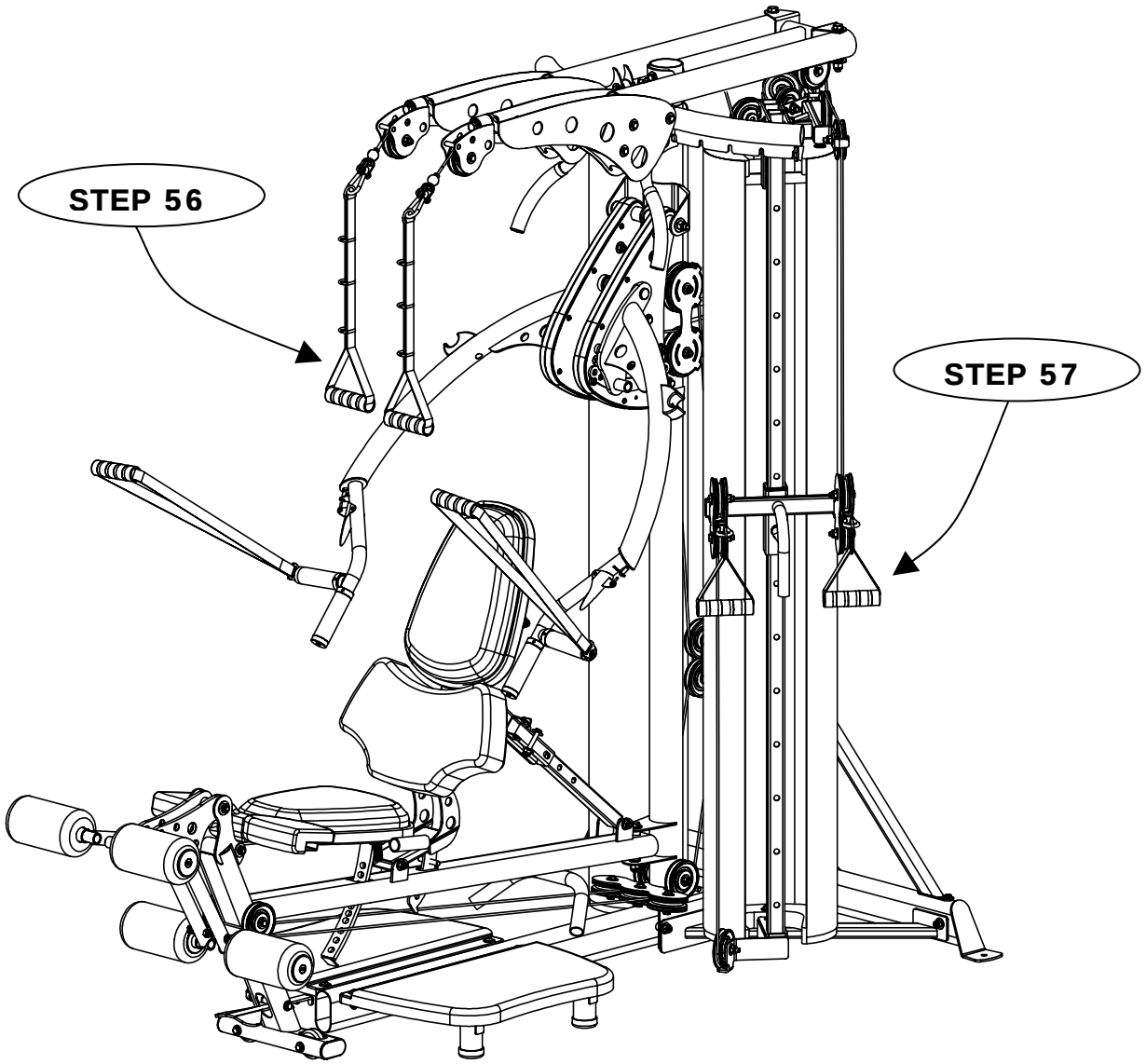


Step 55: To install Fabric Shroud, start at the front of the top shroud plate and wrap the edge of the fabric shroud around the shroud plate. Pull tight as you wrap and make sure that the velcro rim on the fabric shroud seals firmly to the velcro rim on the Shroud Plate.

Next, Do the same for the bottom of the fabric shroud around the bottom shroud plate. Be sure to pull tight as fabric shroud is wrapped.

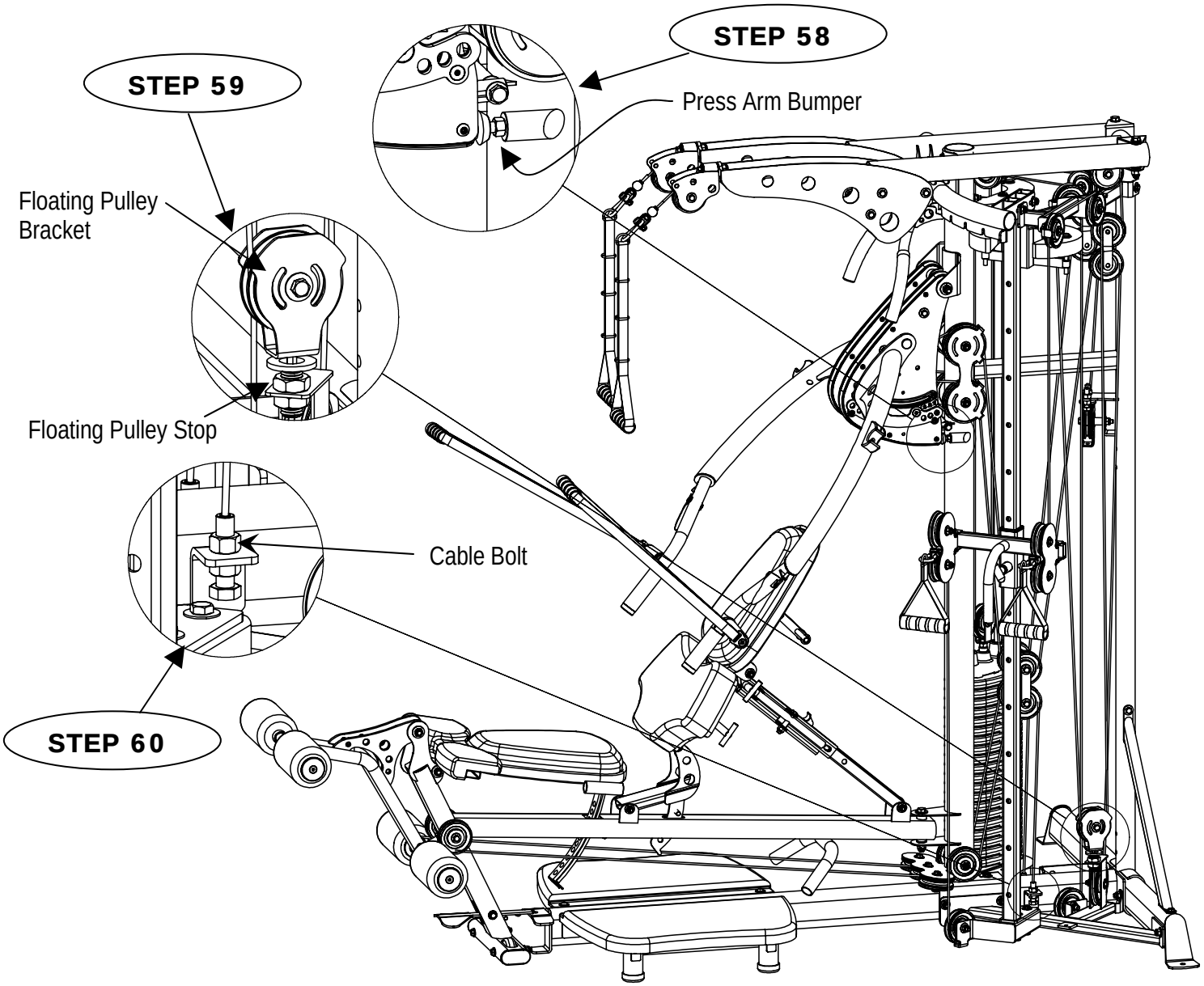
If ripples appear on the fabric shroud, undo the top of the shroud and re-wrap, pulling up as the shroud is wrapped. This should give a nice smooth consistency to the shroud. Install other Fabric Shroud on weight stack side in the same way.

(If necessary, shroud can be tightened by adjusting the Shroud Plate Adjustment Bolts.)



Step 56: Attach “D” Handle/Lat Straps to end of Upper Cable with spring clips as shown.

Step 57: Attach “D” Handle/Ab Straps to end of Cable Column Cable with spring clips as shown.

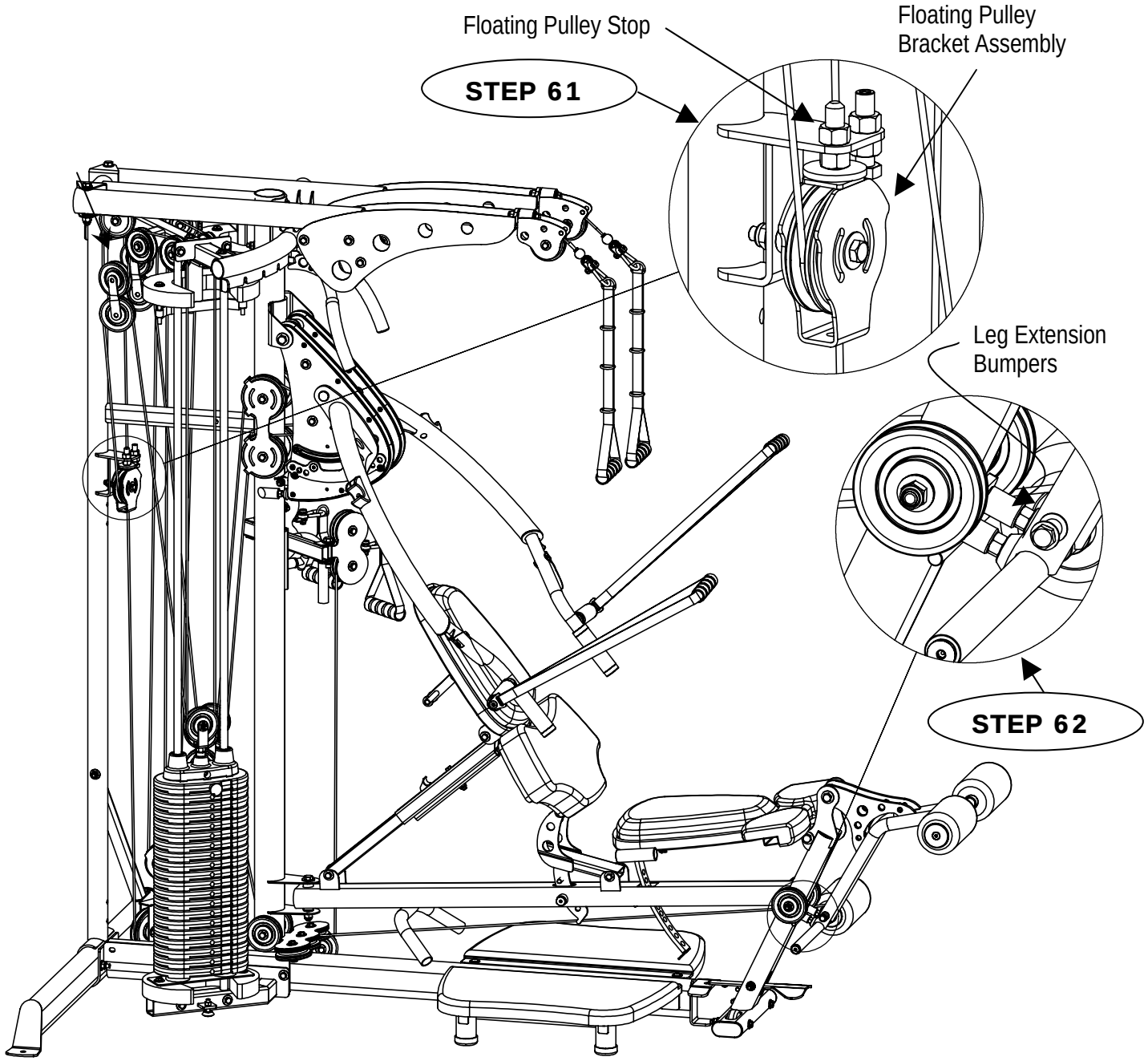


NOTE: At this point it is necessary to seat the cables. Start by verifying that cables are centered in the grooves of all pulleys. Next, select a weight you can comfortably handle on the bench press. Perform a seated bench press and hold the first repetition at arms length. Now, lightly bounce the weight up and down for about 5 seconds. This will seat the cables into the pulleys and prepare the gym for Step 58.

Step 58: Eliminate cable slack by adjusting Press Arm Bumper counter clockwise. Wrench Tighten Jam Nut.

Step 59: Adjust Floating Pulley Stop until bottom surface contacts Floating Pulley Bracket then Wrench Tighten Jam Nut.

Step 60: Adjust the cable bolt to 1” between the top of the bolt and the bracket on the Main Base and Wrench Tighten Jam Nuts.



Step 61: Adjust Floating Pulley Stop until bottom surface contacts Floating Pulley Bracket Assembly then Wrench Tighten Jam Nut.

Step 62: Eliminate cable slack by adjusting Leg Extension Bumpers counter clockwise. Wrench Tighten Jam Nut.

DECAL REFERENCE

NOTICE

This INSPIRE product is not intended for commercial use.

IN HOME MAINTENANCE	*Weekly*	*3 Months*	*Yearly*	*2 Years*
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean; Upholstery	X			
Inspect; Cables and their fittings	X			
Inspect taughtness of all shrouds	X			
Inspect; Accessory Bars and Handles		X		
Inspect; All Decals		X		
Inspect; All nuts and Bolts Tighten if Needed.		X		
Inspect; Anti-Skid Surfaces		X		
Clean & Lubricate; Guide Rods with a Teflon(PTFE) based lubricant (Superlube)		X		
Lubricate; Seat Sleeves and all plastic slides		X		
Clean & Wax; All Glossy Finishes			X	
Replace; Cables, Belts and Connectin Parts.				X

DANGER

THIS PRODUCT IS NOT DESIGNED FOR COMMERCIAL USE. USING THIS PRODUCT IN A COMMERCIAL SETTING CAN RESULT IN SERIOUS INJURY

INSPIRE™

BY HEALTH IN MOTION LLC

714-738-1729

www.inspirefitness.net

Serial # 1-05-05-00001

This product

Patent Pending

WARNING

USE ONLY GENUINE INSPIRE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN SERIOUS INJURY. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS BEFORE USING THIS EQUIPMENT.

2. INSPECT EQUIPMENT BEFORE EACH USE. Replace parts that show any wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.

3. FOLLOW MAINTENANCE SCHEDULE on the "NOTICE"sticker

4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before exercising. Stop exercising if you feel faint or dizzy.

5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. DO NOT ATTEMP TO FREE ANY JAMMED PART BY YOURSELF. Obtain assistance in order to avoid possible injury.

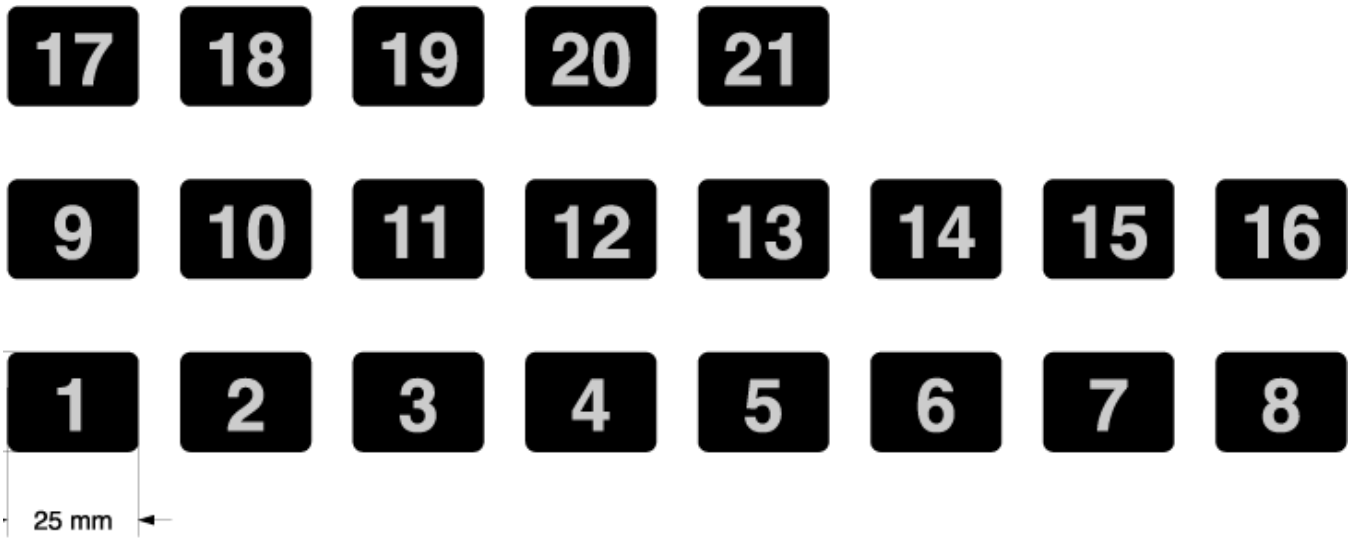
6. Take your time and do not rush exercise. Practice proper breathing, NEVER hold your breath.

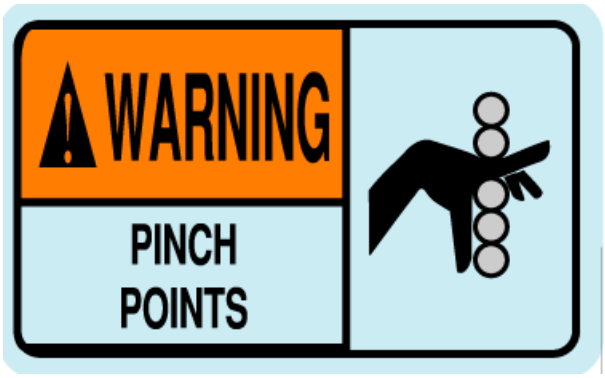
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.

8. CALL YOUR AUTHORIZED INSPIRE DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

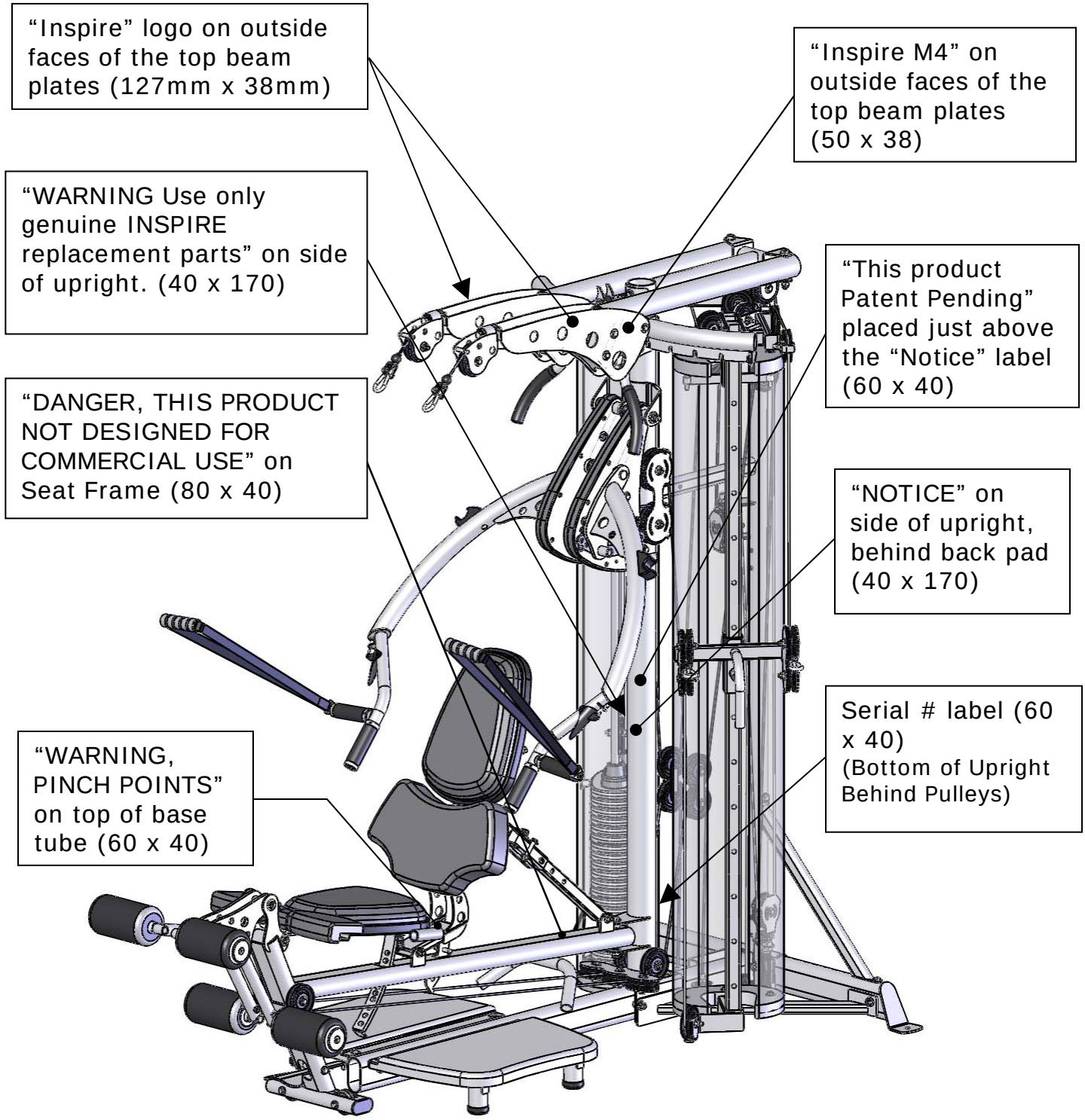
INSPIRE

DECAL REFERENCE





DECAL PLACEMENT


"Inspire" logo on outside faces of the top beam plates (127mm x 38mm)
"Inspire M4" on outside faces of the top beam plates (50 x 38)
"WARNING Use only genuine INSPIRE replacement parts" on side of upright. (40 x 170)
"This product Patent Pending" placed just above the "Notice" label (60 x 40)
"DANGER, THIS PRODUCT NOT DESIGNED FOR COMMERCIAL USE" on Seat Frame (80 x 40)
"NOTICE" on side of upright, behind back pad (40 x 170)
Serial # label (60 x 40) (Bottom of Upright Behind Pulleys)
"WARNING, PINCH POINTS" on top of base tube (60 x 40)

ACCESSORIES

- Exercise Wall Chart
- Ankle Strap
- D Handle / Lat Strap
- D Handle / Ab Strap

HOME GYM OPTIONS

- Colored Orthopedic Pads
- Colored Shroud
- Leg Press

Training Tips

CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM

1. **Always warm up** before you start weight training. This helps get your muscles warm and prevents injury. You can warm up with light cardio or by doing a light set of each exercise before going to heavier weights.
2. **Control the weight**. Always work with a weight that you can handle through a full range of motion. Slow and steady movements are recommended.
3. **Breathe**. Don't hold your breath during your set. Holding your breath builds internal pressure which increases your change for broken blood vessels, as well as a hernia.
4. **Sit up straight**. Pay attention to your posture and keep everything straight. Engage your abs in every movement to keep balanced and protect your spine.

GENERAL MAINTENANCE INFORMATION

Warning: DO NOT place styrofoam or printed materials on the orthopedic seat pads. Over time, these may stick to the pads and mar the surface.

Do not leave items sitting on the orthopedic seat pads, these pads have a special density that takes shape to objects and small objects will leave imprints in the surface that may take time to come out.

• Periodically inspect the cables, and cable ends, for splitting, cracking or fraying. Also, watch for bulging or flat areas in the cable.

• Immediately replace cables at the first signs of damage or wear. Never use equipment with damaged or worn cables.

• Cables naturally stretch over time, so check cable slack periodically and adjust cable tension as needed.

• Regularly inspect product for loose hardware.

• Do not use or store equipment outdoors.

• Locate and familiarize yourself with all warning decals on the Leg Press.

• Replace damaged or worn Seat Pads immediately.

MAINTENANCE SCHEDULE

ROUTINE	HOME MAINTENANCE	ENTRY DATE								
Clean: Seat Pads	WEEKLY									
Inspect: Cables and their Fittings	WEEKLY									
Inspect: All Decals	3 MONTHS									
Inspect: All Nuts and Bolts. Tighten if Needed	3 MONTHS									
Lubricate: Seat Sleeves and all Plastic Slides	3 MONTHS									
Clean and Wax: All Glossy Finishes	YEARLY									
Replace: Cables, and Connecting Parts	2 YEARS									

LIMITED WARRANTY

In-Home Lifetime Warranty.
This Warranty applies only in the United States to Inspire strength products manufactured or distributed by Health In Motion LLC. The warranty period to the original purchaser is lifetime of the original purchaser.

Health In Motion warrants that the Product you have purchased for non-commercial, personal, family or household use from Health In Motion LLC or from an authorized Health In Motion reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts such as paint and finish. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.

Replacement and repair of parts.
During the warranty period Health In Motion will at no additional charge, repair or replace the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal non-commercial, personal, family, or household use. In repairing the product Health In Motion may replace defective parts with, at the option of Health In Motion, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and Products replaced under this warranty will become the property of Health In Motion. Health In Motion reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

Service procedures.
To obtain warranty parts, you must return the parts to Health In Motion or an authorized Health In Motion retailer in its original container (or equivalent). You must pre-pay any shipping charges, taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present Health In Motion with proof-of-purchase documents (including the date of purchase, Model, and Serial Number). Any evidence of alteration, erasing or forgery of proof - of-purchase documents will be cause to void this Warranty.

Conditions and Exceptions.
This Warranty does not extend to any Product not purchased from Health In Motion LLC or from an authorized Health In Motion reseller. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Health In Motion; (c) by modification of the Product; (d) as a result of service by anyone other than Health In Motion, or an authorized Health In Motion warranty service provider; (e) product that has not been properly maintained (follow maintenance schedule found on product). Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Health In Motion receipt of payment or acceptable arrangement of payment.

Disclaimer
EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY HEALTH IN MOTION MAKES NO OTHER WARRANTIES; EXPRESSED OR IMPLIED INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. HEALTH IN MOTION EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS WARRANTY. NEITHER HEALTH IN MOTION NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. HEALTH IN MOTION IS NOT RESPOSIBLE FOR THE REPAIR OR REPLACEMENT OF ANY PARTS THAT HEALTH IN MOTION DETERMINES HAVE BEEN SUBJECTED AFTER THE DATE OF MANUFACTURE TO ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, OR ANY ACT OF GOD. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Health In Motion's "Inspire" branded strength products. Health In Motion neither assumes nor authorizes anyone to assume for it any other express warranty.